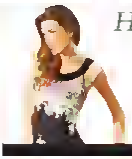
Chichester Herald

Friday 8th February 2013
YOUR FREE WEEKLY NEWSPAPER

INSIDE | News | Sport | Business | Health & Beauty | Entertainment | Food & Drink | Home & TV | Business | Motoring | Travel

A man used to drive to work wearing his wife's wig
TOMMY BOYD
Page 4

Win tickets to see Flight
COMPETITION
Page 20



How to look your best this Valentine's Day
FASHION
Page 28

Tributes paid to teenager

Local girl drowns in swimming pool accident

Dean Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

TRIBUTES are being paid to a local teenager after she drowned in a swimming pool during a night out with friends in the French ski resort where she worked.

Former Chichester College student Lucy Sallis, 19, has been described on Twitter as "the most perfect girl" and a "beautiful beautiful girl". One user said: 'Rest in beautiful peace Lucy Sallis! She was such a beautiful girl, praying for my best friend and her family right now' xxxxxx'

Lucy and a male friend she had been drinking with climbed over a 6ft fence to get to the outdoor pool in Alpe d Huez.

French police say the trainee chef, who was working at the Hotel Belle Aurore, stripped off before diving or jumping into the pool in the early hours.

It is believed she became trapped under a tarpaulin that was partly covering the municipal pool.

Police believe she got into difficulties because there was not enough oxygen between the water and the swimming pool cover.

When her friend realised Lucy, from Bognor Regis, West Sussex, had not resurfaced he frantically tried to pull the tarpaulin away and found her unconscious. A rescue team tried to revive Lucy but she died at the scene.

A local police spokesman said: "It was late at night and the young girl and a boyfriend decided they wanted to take a swim. The pool was closed so they climbed the wall. There are two swimming pools, both of which are covered at night. The girl jumped into the smaller pool.

Continued on page 3

MORE HEADLINES >>

HMV SURVIVES THE CHOP Page 3

CHICHESTER SECOND IN MARKET AWARD Page 12

GREAT FALLARD WELCOMES NEW HEADMASTER Page 16

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Local News

HMV survives the chop

THE ADMINISTRATORS of Chichester's HMV on East Street have given the city centre a boost by announcing the popular shop has avoided the axe

Administrators have said that 66 of the music and DVD retailer's stores will close over the next two months

The affected stores employ 930 staff, Deloitte said. Last week, it was confirmed that about 190 jobs had been shed across HMV's head office and distribution network.

It's a massive boost for the city after the centre lost Jessops on East Street last month and the on going battle for Blockbusters to remain trading. Goodwood Metalcraft, based on Terminus Road in Chichester, also closed this week leaving 39 people redundant after they went into administration back in January

HMV also entered administration in January

It has faced intense competition from online retailers, digital downloads and supermarkets in recent years

HMV currently operates from 220 stores in the UK.

Deloitte said no fixed date had been set for the closure of the 66 identified stores which would continue to trade in the meantime

"This step has been taken in order to enhance the prospects of securing the business' future as a going concern," Nick Edwards, joint administrator at Deloitte, said

"We continue to receive strong support from staff and are extremely grateful to them for their commitment during an understandably difficult period. All other key stakeholders remain very supportive and I continue to be hopeful of securing a future for the restructured business."

The administrators have been in talks with restructuring specialist Hilco about taking over HMV

Hilco, which already owns HMV Canada, has bought HMV's debt from its lenders, a move that could pave the way to taking full control of the company

New community leisure centre starts to take shape

THE CONTRACTOR building the new Midhurst Community Leisure Centre has started erecting the 250t steel frame this week, marking an important milestone in the scheme's construction

"The building is progressing well and it is now starting to take shape," said Cllr Eileen Lintill, Cabinet Member for Leisure, Well-being and Community Services at Chichester District Council.

"It will give residents a clearer idea of the scale and size of the building – and how the site will develop over the coming months."

The new facility, which will replace the current Grange Centre, will offer a range of services under one roof, together with extended opening hours

Clad in a combination of brick, timber and aluminium, the new centre, which is being built by the Leadbitter Group, will offer a range of services under one roof, including:

- a multi-four court sports hall to meet Sport England standards
- a fitness room, which will have the very latest fitness equipment.
- two squash courts and a squash viewing area
- dance studio with mirrors. The room will also be used for fitness, dance and community activities
- a library
- male and female changing facilities. These will be located in two areas of the centre
- a multi-purpose community hall, which can also accommodate a further two badminton courts
- community rooms
- health suite

Chichester District Council is delivering this project for Midhurst in partnership with West Sussex County Council. The Trustees of The Grange Community Association and Midhurst Town Council

Continued from page 1

"The boy went looking around. Then when he went to the pool he found the girl's lifeless body."

French police spoke through interpreters to the friend and others who had been with them earlier. A local police source said: "The group had been drinking, but probably not to excess.

"The incident is being investigated. An accident is the main line of inquiry."

Lucy and her friend worked for the British-based company Skiffound, and are thought to have been based in separate hotels.

A keen snowboarder, she is believed to have been in the resort since November.

She had worked at the Ship Hotel in Chichester. General Manager, Patrick Hurfield, said: "Lucy has been widely described as a 'trainee chef', this is incorrect as she was very much a fully fledged chef and a very important part of the brigade at The Ship Hotel. Through total dedication and her fantastic ability to be loved by everyone she came in contact with, she raced from an apprentice to a respected member of the team in a short space of time. We all knew we could rely on Lucy to hold her own on whichever section she was working on or when she created her own dishes for our menus.

"Personally I had immense admiration for her on the day she walked into the hotel and at only 17 convinced me to give her an apprenticeship and I can honestly say she never once let me down.

"It has been a very sad time at the hotel and all our staff past and present who knew Lucy have been massively shocked and upset by the news and our thoughts and love go to her family. We will miss our friend hugely."

The traditional Alpine-style hotel where she worked is predominantly used for school trips. One her server said: "It's such a terrible thing to happen. She's a lovely girl with a great spirit."

Fabrice Hurth, director of the tourist office said: "We don't know all the details but we believe she climbed over the fence and jumped in the pool.

"It probably was just a silly, bad joke that young people do. But it ended so tragically.

"The pool has been closed today and it will remain closed until the police say it can be reopened."

Skiffound said: "The thoughts and condolences of all at Skiffound are with the family and friends.

"All our efforts are focused on ensuring they are supported in any way possible through this very difficult time."

Anorak Corner

Did you know? A taster of Chichester facts and figures...

In 2001, Chichester Festival Theatre came within one hour of going bust, saved at the last moment by an unexpected refund of VAT.

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A man used to drive to work wearing his wife's wig

Tommy Boyd

HORSEMEAT

The whole stupidity of the average processed meat eater is all here in this one. It's not what animal you're eating. It's what part of the animal, and how well it was in itself when it got the chop.

CHRIS HUHNE

His case reminds me of a story a policeman once told me about a man who used to drive to work wearing his wife's wig in case he tripped another camera.

SPEED CAMERAS

You know the announcement they make all the time on TV news "A warning: this report does contain flash photography"... which I presume is to help poor souls who might trigger an episode if they watch. Well, I just wonder if speed cameras still flash if you go through at night - and if so isn't that a danger too?

PAUL GASCOIGNE

I watched Sir Bobby Charlton proudly representing the FA, shaking hands with the Brazilians and the England team before Wednesday's friendly. It occurred to me that great players seem to end up at one extreme or another. You have your tragic addicts Gascoigne, Best and Maradona. Then you have your establishment stalwarts: Pele, Lineker, Platini. One day Lionel Messi will be President of FIFA.

SIR BOBBY CHARLTON

I played a few charity matches with him way back. It was astonishing watching him run faster with the ball than professionals twenty years younger. He once said to me "I went three seasons with no-one getting the ball off me. I didn't think much of it at the time." One game, Billy Bremner, the Leeds firebrand, turned up to play. He was drinking from a bottle of whisky before he had his boots on. Offered me a slug. I said "Bet you'd have liked to have a quick one before kick-off back in the good old days?" He looked at me as if I was a child. "Ooh, never played a game sober" he said, so he did. He died, poor lad, age 55.

TO THE COLUMN FROM HERALD READERS

Colin Derrick.

"So, we are promised a vote in a few years time. But hang on, do any of us know anything about the effect of an opt out decision."

Colin's right isn't he? It all reminds me of the Irishman interviewed in Belfast back during the troubles. "Anyone who thinks they understand the Irish problem doesn't really know what's going on."

FOOD AND THE ELDERLY

Dorothy Olney took exception to my observation that the elderly seem to have lazy diets. Nothing personal Dorothy, but the shopping baskets I see have a lot of dross in there.

NON-TWEETER

Peter Bartram writes: "I can e-mail but don't know how to tweet. ***The Donnington and Apuldram Support Group for St. Wilfrids hospice are having a Books and Bakes sale on sat 23rd, Feb at Donnington Hall 2-4p.m***

We did so well last year making over £400 come and help us do the same again please"

JOKE

A horse walks into a bar and the barman says "Why the long face?"

Let us know what you think

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Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@SussexInfo

"Masala Lounge in Chichester has a great dinner in aid of Cancer Research on Monday 11 Feb. And the food's really good too"

@state_of_becca

"Why has everyone in chichester decided to come to the gym today? I can no longer work out in peace"

@WareStyle

"Kate Winslet was #SpottedAt our Chichester store yesterday - what's your best celeb spot?"

@MrTristanTemple

"Really great work from the students at Chichester Uni today"

@Tax_IT

"Great news to hear that #Chichester is not losing our HMV and Blockbuster stores"

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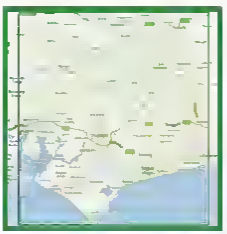

Contact us

Information:
info@chichesterherald.co.uk

Managing Editor:
Dean Adams *(Managing Editor)*
dean.adams@chichesterherald.co.uk

Sub-Editor:
Megan Hedges *(Sub Editor)*
megan.hedges@chichesterherald.co.uk

News, sport & entertainment:
news@chichesterherald.co.uk

Advertising:
advertising@chichesterherald.co.uk
Hannah Rason *(Advertising Manager)*
Hannah.rason@chichesterherald.co.uk

Accounts:
Mark Ansell *(Finance Director)*
accounts@chichesterherald.co.uk

Photographer: Rebekah Grace
www.rebekahgracephotography.co.uk

Telephone:
01243 200999

Head office:
Suite 904, 26 The Hornet, Chichester, West Sussex, PO19 7BB

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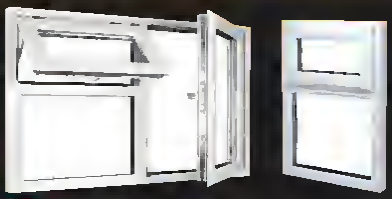

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Sussex brothers lose slot machine gamble

TWO brothers from Arundel who ran amusement arcades in Sussex and Kent without paying £170,000 in gaming duty have been sentenced. The brothers gamble failed when officers from HM Revenue and Customs (HMRC) seized 86 illegally operated gaming machines from their premises last year.

In June 2012 HMRC officers visited four amusement arcades in Bognor Regis, Brighton, Crawley and Tunbridge Wells, seizing the machines and more than £19,000 in cash. Operators George Gess, 39, and his brother Joseph, 45, were arrested.

David Margree, Assistant Director, HMRC, said: "Gaming machine operators are legally required to pay gaming duty. If they do not, we make concerted efforts to collect that duty. As a last resort we will always step in and seize machines so that they are not given an advantage over honest operators."

Appearing at Lewes Crown Court on Friday (1 February), George Gess was sentenced to 15 months imprisonment, suspended for two years, and ordered to complete 150 hours of community service. Joseph Gess was sentenced to 12 months imprisonment, suspended for two years, and ordered to complete 100 hours community service.

Aldingbourne Trust to benefit from police charity

ADULTS with learning disabilities who are supported by the Aldingbourne Trust will be able to work towards enhancing their work skills, thanks to a donation of £250 from Sussex Police. The Aldingbourne Trust is a charity which supports adults with learning disabilities to lead independent lives and have the same opportunities as everyone else.

Community Engagement Sergeant for West Sussex Peter Allan presented the Trust with the cheque on Tuesday 29 January.

Workshop manager Rachel Smither said: "The Aldingbourne Trust is delighted to link with Sussex Police, to enhance opportunities for people with Learning Disabilities. The entire donation of £250 will be used to purchase resources for bespoke training programmes, designed to develop our candidates' work skills and employability. The Aldingbourne Trust is also keen to build upon its links with Sussex Police, to create employment prospects for people with Learning Disabilities."

Sgt Allen added: "Sussex Police is pleased to be able to assist an organisation whose aim is to support, educate and empower people with learning disabilities to realise their full potential."

The donation comes from the Police Property Act Fund (PPAF), made up of monies received by the police from property confiscated by order of the court and then sold.

For more information on the Aldingbourne Trust please visit www.aldingbournetrust.co.uk

Appeal for witnesses to Chichester assault

POLICE are appealing for witnesses to an assault on three women in Little London, Chichester, on Friday 1 February.

The women, who are all in their 20s and from the Fareham area, were inside La Havana bar when the assault took place.

Further assaults also took place in the street outside the bar between 2.30pm and 11.30pm.

The three victims have suffered cuts, bruising and bite marks as a result of the incident.

PC Emma Jeacock, of West Sussex Response Investigation Team, said: "We are investigating the circumstances surrounding this incident and would like to hear from anyone who witnessed it taking place.

Two 19-year-old women and an 18-year-old woman from the Chichester area have been arrested on suspicion of assault and bailed until Wednesday 20 March pending further enquiries.

Anyone who witnessed the incident is asked to call 101 quoting serial 1525 of 1/2. Alternatively, call the independent charity Crimestoppers anonymously on 0800 555 111.

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Midhurst woman pleads guilty to benefit fraud

A WOMAN has been ordered to undertake community work after falsely claiming more than £25,000 in benefits.

Sarah Bluedee, who has resided at several addresses in the Reptune and Essebourne areas, was claiming Housing Benefit, Council Tax Benefit and Income Support on the basis that she was a lone parent. However, she failed to declare that her husband, who had a job, had returned to the household and was able to provide support to the family.

Mrs Blundeu, who has recently moved to Corwen in Wales, was caught following a joint investigation between Chichester District Council and The Department for Work and Pensions.

She was overpaid Income Support, Housing Benefit and Council Tax Benefit totalling £25,586.07.

She appeared at Worthing Magistrates Court on Monday (28 January 2013) and pleaded guilty to three charges of failing to declare a change in her circumstances. She was ordered to undertake 240 hours of community work.

Both Chichester District Council and the Department for Work and Pensions will seek to recover all overpaid benefit.

Councillor Tony Dignum, Cabinet Member for Finance at Chichester District Council, says: "The benefits system is there to help those most in need - not those who want to abuse it by claiming money they are not entitled to. Benefit fraud is a very serious crime and we will continue to prosecute those people guilty of it.

"If you are in receipt of benefit payments and your circumstances change then please let us know as soon as possible. Our officers can then check whether this affects your benefit. It can be easy to remember to do this if your circumstances change for the worse, but you must also tell us if they change for the better."

If you suspect anyone of committing benefit fraud you can contact the council's investigation team on a confidential 24 hour fraud hotline number – 01243 534590. Or you can report it online at www.chichester.gov.uk/ReportBenefitFraud

Council retains one hour free period in coastal retail centre car parks

CHICHESTER District Council has listened to the feedback from residents and businesses and agreed to retain an initial one hour free period in its coastal retail centre car parks.

The original proposal was to remove the free period. This has now been revised.

The free one hour period will apply to coastal car parks at:

- East Street, Selsey, and,
- Northern Crescent, East Wittering.

Councillor Myles Cullen, the council's Cabinet Member for Economy, Tourism and Car Parks, says: "We have taken on-board residents' views and considered the impact on local businesses when coming to this decision to retain the initial one hour free period."

There will be a small increase in the charges from 1 April 2013 for people staying longer than one hour to cover rising costs. Someone staying for three hours in Selsey's East Street car park has gone up 10p from 20p to 30p, and even staying for the whole day has only gone up by 10p from £1.20 to £1.30.

Cllr Cullen added: "We know one size does not fit all, and so this is why we took a little longer before we agreed our new charges for the coastal car parks. Our car parks remain some of the cheapest on the south coast even with these modest increases after the initial free period."

There will be modest increases to the seasonal charges at East Beach and Selsey Marine car parks in Selsey, and at Marine Drive and Bracklesham Lane car parks at East Wittering and Bracklesham Bay.

It follows a detailed review of and consultation on car park pricing structures by the council.

Changes were agreed to Bosham car park and to Chichester city centre car parks at a meeting of the council's Cabinet on 8 January. The council has also introduced a flexible monthly permit to Bosham that will make it easier for seasonal boat users to park in the car park rather than in nearby residential areas.

Public endorsement for West Sussex health plans

THE SHADOW West Sussex Health and Wellbeing Board has publicly endorsed amended commissioning plans for health services across the county for next year.

The plans, which were presented by the County Council and the new Clinical Commissioning Groups, had been updated following a previous meeting in November when possible gaps in service provision were identified.

These related to the countywide Health and Wellbeing Strategy and plans have been refined as Board members, representing a variety of agencies, took this into account.

Members of the public also asked questions of the Board during an open forum slot to find out more about commissioning decisions and to welcome their public nature through the Board.

This was the last time the Board met in shadow form before it assumes full statutory responsibilities at its next meeting on 18 April at County Hall, Chichester.

Leader of West Sussex County Council, Louise Goldsmith, who is also the Board's Chairman, said: "During its shadow year the Board has worked hard to build relationships with all partners and to improve public accountability of any health commissioning plans.

"Members of the public clearly appreciated the openness of the decision-making process and we will continue in this vein as we move towards statutory status in April."

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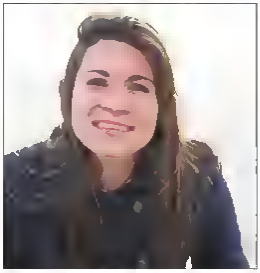
Dream comes true for orchard Ellie



ENVIRONMENTALIST Ellie Garwood is thrilled to have been given the opportunity to work for Transition Chichester.

The 29-year-old from Chichester is the first person TC has taken on, in an exciting move for the thriving group which is part of a national and international network.

Her new role involves co-ordinating and promoting the good work Transition Chichester has established in the city. And she has great credentials for the plum job, as an environmental writer and enthusiast and the founder of TC's community orchard and community garden in Oaklands Park.

Ellie has started co-ordinating the hundreds of willing volunteers signed up to TC and finding out where their skills can best be used in the many activities and events that are put on in the community – from the annual Green Fair and eco-mentoring of homes, to food mapping and skill sharing.

She will also be getting the Transition message out via the website, email, Twitter, Facebook and e-newsletters, and forming up friendships with local organisations like Rotary, University of Chichester, Chichester College, the Chamber of Commerce and others.

New projects including a market stall and a Young Transition group will be in her brief too.

Says Ellie: "This truly is my dream job. I can't wait to start and help recruit more members and volunteers to Transition Chichester, as well as facilitate more projects, events and groups, and help move the whole organisation forward. It's such an exciting time for Transition Chichester, and I feel so lucky to be a part of it."

TC secretary John Saader says: "Transition Chichester has mushroomed over the past couple of years. We need someone with talent and enthusiasm to help with our many projects – and these are qualities which Ellie has in abundance. A generous grant from the Roddick Foundation, coupled with our own fund-raising efforts, has made it possible for us for offer her a contract to work for us."

Transition Chichester is working towards making our community more sustainable and stronger in the face of environmental challenges. For more, visit www.transitionchichester.org.

Councillors protect 21 public conveniences

COUNCILLORS at this week's Cabinet meeting agreed to revised recommendations to changes proposed to public convenience provision in the Chichester District.

This means that:

- 21 public conveniences will remain open,
- Florence Park in Chichester will remain open but its level of use will be monitored and its operation will be reviewed annually, and
- a decision on the future running of Wisborough Green public convenience will be made in six months to allow for negotiations with Wisborough Green Parish Council.

It was decided at today's meeting to close Cathedral Way public convenience in Chichester by March 2014 due to its low usage and because another public convenience is located within 350m.

The Cabinet has also agreed that the council will write to ask Chichester City Council, all parish councils and the South Downs National Park Authority if they would consider taking over the running or possibly contributing to the future running of public conveniences.

The Cabinet also agreed that the council would:

- continue negotiations on the lease of council land to the RNLI for a new Lifeboat Station, including a public convenience provided by the RNLI. Once this is built this will replace the council facility,
- transfer management of Pound Road public conveniences to West Wittering Parish Council by March 2014, and
- look at reducing its public conveniences cleaning contract by transferring some maintenance functions in-house.

The council will also save £4,000 when the new Midhurst Community and Leisure Centre is built.

The Cabinet came to its decision following a detailed review of the service and through the above measures hopes to reduce the cost of public conveniences to the taxpayer by at least £100,000.

Councillor John Connor, the council's Cabinet Member for the Environment, says: "We have listened to local feeling in coming to our final decision. Although there is a power for local authorities to provide and operate public conveniences, there is no duty to do so but we believe that this as an important community service.

"It is always a tough decision to close any public convenience and we are pleased to be able to keep the closures to a minimum. In this instance we have decided to close one public convenience rather than the three that were in the original recommendation, however we will need the support of other partners in the community to continue to be able to provide this service."

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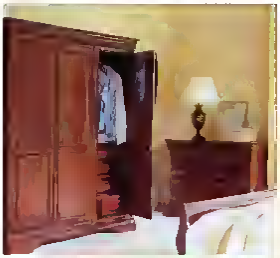

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Chichester second in market award

CELEBRATIONS were in full flow last Thursday at this year's sell-out spectacular Sussex Food & Drink Awards ceremony, where eight of Sussex's top food and drink producers were hailed as local heroes and received their trophies at the American Express Community Stadium.

Over 350 leaders in the food, drink and farming industries gathered for what is now dubbed the Sussex foodie event of the year, with all tickets sold out. Guests were treated to a wonderful Sussex bubbly and ale reception, sponsored by Harveys and Carr Taylor, followed by a stunning seven-course banquet created by new stadium caterers the Lindley Group. The menu featured an array of Sussex goodies including Sussex beef and dairy, locally caught fish, locally grown fruit and vegetables and a selection of local cheeses, Sussex ground coffee and locally-made chocolates

Clive Beddall OBE, Chairman of the Judges, said "All our grand finalists offer superb quality and innovation and reflect the rich diversity of the food and drink industry in this part of the world - and there are few areas of a modern food store or indeed a catering sector menu that cannot be supplied from Sussex."

Winners were announced in a BAFTA-style presentation, hosted by the awards patron Sally Gunnell OBE and Donny Pike of FEC Sussex.

Sussex Food & Drink Awards 2012/13 Winners:

• Best Sussex Farmers Market – sponsored by Harveys
Winner - Lewes
Runners up – Chichester & Steyning
• Sussex Farmer of the Year sponsored by Knill James
Winner – Martin and Gundrada Hole, Montague Farm, Pevensey
Runners up – Harry and Pip Goring, the Wiston Estate and Phil and Steve Hook, Longleys Farm, Hailsham
• Best Sussex Food/Farm Shop sponsored by the Sussex Food & Drink Network
Winner – Veasey and Snow, Forest Row
Runners up – The Hungry Guest, Petworth and The Sussex Produce Company, Steyning
• Sussex Food Producer of the Year sponsored by The Southern Co-operative
Winner – High Weald Dairy, Horsted Keynes
Runners up – Caroline's Dairy, Sidlesham, Nr Chichester and Just Brownies, Partridge Green
• Sussex Drink Producer of the Year sponsored by Natural PR
Winner – Ridgeview Wine Estate, Ditchling Common
Runners up –The Dark Star Brewing Co, Partridge Green and Webblegate pure apple juice, Pulborough
• Best Sussex Eating Experience sponsored by Meyer Wyone Baxter

Winner – The Cat Inn, West Hoathly
Runners up - The Ram Inn, Furle and Wobi, Horsham
• Sussex Young Chef of the Year sponsored by Gram UK Ltd and Cheese Please
Winner – Jimmy Gray, Jeremy's Restaurant, Borde Hill Gardens, Nr Haywards Heath
Runners up – Charlie Taylor, the Pass Restaurant, South Lodge Hotel, Lower Beeding and Ryan Hunter, Wingrove House, Alfriston
• Sussex Butcher of the Year sponsored by Natural Farms
Winner – John Murray Butchers, Loxwood
Runners up – Archers of Westfield and Brampton Butchers, Brighton

Another exciting season ahead with Stylish Events

STYLISH EVENTS have already started another exciting season of bridal wedding shows at popular venues across Sussex and Hampshire

Their events will feature an incredibly wide range of exhibitors from Bridal wear entertainment, Florists, jewellers, wedding photography, menswear, toastmasters, videographers, wedding cakes potential wedding venues and much more

Special highlights of their events are the spectacular fashion shows, choreographed by Times Two Productions with their professional London Models There will be two of these during the day and they should not be missed as they will feature some of the latest trends in bridal wear, bridesmaids, occasion wear and Menswear There will also be new ideas that add that special touch to the events of the day to make it even more memorable

Tracey Rainford from Stylish Events said "We have had another busy start to this season with a full selection of Exhibitors for your special day and inspiration from our Fashion shows "

There is also the chance to WIN £1000 of Holiday Vouchers to the lucky winner, just enter at one or more of our Spring shows, Stylish Events Ltd are offering this prize in association with Classic Collection Holidays, T's & C's apply please visit the Stylish Events website for more information.

Stylish Events also offer each visiting bride a bridal bag full of useful information with the show guide for every bride to take away Entry to the show costs £2 and parking is free For a full list of shows please visitwww.stylisheventsfayres.com

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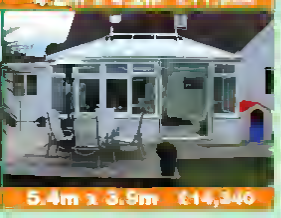

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Feeling Feminine

Mia Edwards

ONE OF THE questions I get asked the most is how it feels to go to an all girls school. The simplest answer would be for me to say that that I don't notice it that much anymore. But I would be lying. In fact most of the time it makes you want to punch most people in the universe very very hard.

There are many reasons for this. The first is that all of those pathetic, pointless stereotypes about girls being gossipy and argumentative are, well, true. In fact, we are all pretty backstabbing and mean, ESPECIALLY when we're put into an overheated classroom together and forced to learn stuff, two horrific things. It is the last thing a bunch of hormonal girls need. It's quite ironic really, there are so many boys who would love to be in that position, and yet there we are every day wishing we were in a bath or Montezuma's or anywhere else in the world other than being surrounded by SO MANY GIRLS.

It makes you remember that boys aren't actually demons without emojis. Sometimes I even get along better with boys just because they're more fun, and I can merrily insult them and insulting people is what I do best without being followed out of the room by a procession of murderous girls.

But then again, I've never been best friends with a boy anyway. I've always been surrounded by girls that I love to hate, so it's not that much of a loss to me. Plus boys can be quite gross. I have a brother. I know these things.

It also means that girls don't try to impress all the guys all the time, which is a time saver. Us girls have had to accept the fact that the only time we see boys is when we walk to school, and that involves morning hair and morning face and it being the morning. It's always the walk of shame.

So the moral of the story is: don't be put off going to a school just because there are no boys. Boys are overrated. And anyway, you can always talk to them some other way. Montezuma's can wait.

Let us know what you think

@chiherald

Senior Maths Challenge

Miss McKeown, Head

THE SENIOR Maths Challenge for this academic year saw an increase in popularity on last year's event with fourteen boys and girls from Years 12 and 13 at Chichester High School taking part in the hour long challenge. This is one of 3 events held annually for pupils from Year 7 to 13.

Any school from across the UK can enter candidates. It is administered and run by the United Kingdom Mathematics Trust, based at the University of Leeds. This year over 98,000 pupils from across the UK entered the event with the top 10% receiving a gold certificate, the next 20% silver and the next 30% bronze.

CHSB's results compared favourably with the national results. Pleasingly, at the top end, e.g. gold awards, the pupils gained twice as many gold awards as the national average!

Of the 14 entries from CHSB, three pupils achieved a gold certificate, four students a silver certificate and three candidates a bronze. The remainder only narrowly missed out on a bronze. The threshold scores for each award were slightly higher this year as the paper was assessed to be marginally easier than last year.

The prestigious 'Best in School' award for the highest score from CHSB goes to Michael Stephens in Year 12, closely followed by a further two Year 12 students, Rebecca Mooney and Samson Poole.

Being a parent- who would do it?

Chichester Nursery School, Children and Family Centre

By Becky Edwards (Children's Centre Co-ordinator) and Nicki Graham (Family Outreach Work)

THE THING that they never tell you about being a parent is that it is the hardest job you will ever do. An unpaid, 24 hour a day job with no breaks, no sleep and no time to do anything for yourself.

Who would apply?!

As a parent, you find yourself feeling permanently anxious, worried, guilty and exhausted.

There are moments when your baby won't stop crying, or your toddler won't stop screaming or your teenager won't stop arguing, and you wonder why you ever thought having children was a good idea.

But here's the other thing they never tell you about being a parent: it's also the most rewarding job you will ever do. Nothing can compare to the love you feel when your baby first smiles or the sense of pride you feel when they take their first steps or the excitement you feel when they say their first words.

But it's not easy. Babies don't come with an instruction manual. Yet as new parents, we are expected to know exactly what to do with the baby in our arms. It is often hard to know if what you are doing is right or wrong or who to turn to for advice. So here are a few simple rules that might help:

Rule 1: There is no such thing as the 'perfect parent'.

Everyone gets it wrong sometimes. As a general rule, try to get it completely right a third of the time, get it wrong but put it right a third of the time and, a third of the time, don't worry if you just get it wrong.

Rule 2: Don't set yourself impossible goals!

There are days when none of us manage to tidy the house or get dressed or get the baby to sleep. Nothing is as important as keeping your children safe and letting them know they are loved. The other things can wait until tomorrow.

Rule 3: Take time to re-charge your batteries

There are mornings when our toddlers don't seem to listen to anything we say. There are afternoons when all our older children seem to do is shout at us. These are the days when everything seems to be going wrong. Often it's because we, as parents, are too tired or overwhelmed to cope.

The most important thing is to recognise how you are feeling and admit that you are having a bad day. And when you have done that, just say to yourself:

"I can't do this today. Tomorrow will be better."

Then snuggle up in the sofa and watch your children's favourite TV programme with them. Give your parenting battery time to re-charge.

Remember: tomorrow is another day and it really will be better!

For more information or support with parenting visit Chichester Nursery School, Children and Family Centre. Or phone: 01243 642950. Website: www.chichester-nursery-sussex.sch.uk

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Grants available for well-being activities

VOLUNTARY and Community Sector Organisations can apply for a share of a West Sussex County Council grants programme that funds community-based activities for adults and older people.

The application process for this year's Prevention and Wellbeing Grants Programme has opened.

Voluntary and community organisations can apply for up to £5,000 out of a total pot of £190,000. One of the key aims is for people to get out, make friends and see others. This could include arts and crafts, quizzes or computer courses.

Organisations will receive feedback and payment in August once the applications have been assessed by the relevant County Local Committees.

Last year awards ranged between £170 and £5,000 and ranged from awards for lunch club equipment to venue costs for support groups.

Peter Catchpole, Cabinet Member for Health and Adult Services, said: "These community-based services and activities will contribute to the aims of our prevention and well being agenda.

"The grants can be for small or large projects and help support social aspects of an individual's life and to aid people not to feel isolated."

Free health checks available in Chichester and Bognor Regis

DATES have been arranged over the next five months for free health assessments in Bognor Regis and Chichester.

NHS Health Checks, which focus on preventing major causes of illness including heart disease, stroke, diabetes and kidney disease, are being offered by health advisers from the Western Prevention Assessment Team.

The 30-minute appointment will include a blood pressure check as well as a finger-prick blood and cholesterol test and a discussion about family history, while also assessing lifestyle factors (such as smoking), age and levels of physical activity.

The confidential health checks enable people to make lifestyle changes now to improve their health in the future. They must be booked in advance and are available for anyone between 40 and 74 without an existing long-term condition.

In Bognor Regis, the sessions will take place in the Wellbeing Annexe (attached to the Town Hall) on 12 March, 9 April, 14 May and 11 June.

The Westgate Leisure Centre will host the Chichester checks on 4 March, 8 April, 13 May, and 3 June.

To book your free NHS Health Check on any of these dates, please call 01243 642370.

Great Ballard welcomes new Headmaster and his family

GREAT BALLARD School is delighted to announce that Richard Morgan will be bringing his experience and talents to the school in the role as Headmaster together with his wife Karen who will be joining as one of our Deputy Heads. Richard is keen to build upon the strong family ethos of Great Ballard and his two children are also eagerly looking forward to joining Great Ballard School.

Whilst Richard and family will be moving to Great Ballard's unique site in the South Downs in August, he will be a regular visitor to the school in the coming months. His next opportunity to welcome prospective and existing parents will be at the open day on February 14th when he will be able to share his own excitement and his beliefs in developing children's talent within the exceptional environment that Great Ballard has to offer.

How do you know if Great Ballard is right for your children? We think the only way to assess our special ambience is to come and see us - you'll soon start to appreciate how much we care about each and every one of our children and their individual needs. Our classes are small so we can give everyone the attention they deserve. You'll see that above all else we want our boys and girls to enjoy their childhood at school, and whilst we're a traditional prep school with traditional values, all our children have the opportunity to use the extensive grounds and informative technology from the time they join us.

We share a commitment to providing a broad-based, dynamic and fun education in all areas of school life where a love of learning is nurtured so our children thrive and find their strengths in academia, art, drama, music or sport.

To join us on the Open Day, please contact us on 01243 814236 or at registrar@greatballard.co.uk.

As well as welcoming new parents to the Open Day, Richard is also looking forward to getting to know current parents. With the treat of coffee and home made cakes on Valentine's Day available between 9 and 11am in the Drawing Room, he and his wife look forward to the opportunity to meet families and share with them their message of being able to develop each child and the school within this wonderful environment.

Come and discover what our children "Love" about Great Ballard!

In the meantime please take a look at our web-site and discover more at www.greatballard.co.uk

Barn or stable needed for cats

Cat and Rabbit Rescue Centre

FERAL CATS are nervous of humans, their living experience, outside of a domestic household, involves different skills and behaviour patterns to the domestic (or domestic stray) cat in order to survive. Feral cats will respond to human presence by hiding, and sometimes will hiss, and run away, but are more frightened of humans and do not attack. They are fearful and distrustful of humans and cannot be handled or stroked, although sometimes after a period of time they become friendlier.

Commonly feral cats live inside barns, stables, or small buildings for shelter and hunt mice, voles, birds etc for food. Their success as "good measures" means they are often welcome guests. However, as cats are very successful and rapid breeders, the number of feral's on a site can rapidly increase unless neutering of the males and spaying of females is carried out.

Cat and Rabbit Rescue has five 1-year old feral cats (1 tabby and white, 3 tabby and 1 black and white) who now need a new home. They were admitted under the "Neuter and Return" Scheme last December, but have been abandoned. A suitable new home for these 5 ferals would be a barn or stables which has an inner area where they could be securely kept in for the first 3 weeks and provided with food and water daily, during which their homing instincts will identify with their new home location. If it would help, The Rescue can help with the temporary provision of cages for the five cats to live in during this three week adaptation period.

At the end of the 3 week confinement period, everyday food and water would need to be left for the feral cats in the barn or stable home. If you can offer these feral cats a home please phone 01243 641409 as soon as possible.

The 5 feral cats have been neutered at The Rescue, but are not microchipped or vaccinated. The Rescue does not ask for any minimum donation for a feral cat, but would be grateful for any donation to the Charity.

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk

Feral Cats are in need of an urgent home

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Chichester Business

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New HR business for local companies

IN MANY small to medium sized businesses having an HR Department is often a luxury that has to be done without, despite the value it could add to the business.

At South Coast HR they want to make that luxury a reality, and provide small and medium sized businesses with practical, affordable help and support.

Their help and support is tailored to meet your business and your specific requirements. They don't have a 'one size fits all approach' and will tailor their approach to you, your style and your business. They can...

- Come on site and conduct difficult meetings with you / for you
- Advise over the telephone and by email
- Draft letters / official communication to staff
- Draft essential employment documents

South Coast HR's founder and your main contact is Emily Perry, a fully CIPD qualified, experienced HR professional. Emily grew up with and is still involved in a small but successful family business, has dabbled in the corporate HR world but returned to small businesses in standalone HR positions, and latterly as a consultant for small to medium sized employers. She fully understands the pressures, fears and constraints you face as a business and will work with you to tackle any difficult staffing situations, ensure you are legally compliant and help you achieve your goals through your people.

Emily says: "I truly believe that there is absolutely no need for HR or Employment Law to be scary – but completely understand that it can be, and often is for an owner managed business. Having grown up in a family business and having worked with and in a number of small to medium sized employers over the years I know first hand the pressures faced and how important staff are in the success of your company but also the risks of getting things wrong. I also run my own business – so like you I am doing it too! It is critical to get the right staff, with the right skills and attitudes for your business – but that's only the start. You need to make sure you have all the right legal documents in place, keep up to date with changes in legislation, manage performance – good, bad and ugly – and deal with those tricky situations when they arise. I know only too well the impact that just one staff member can have on an entire company, and the importance of dealing with those problems quickly, and within the law. This is where I am different to some of the other HR providers out there – I don't operate out of a call centre, I understand the differences between a large corporate businesses and an owner managed businesses, and I have actually been there and haven't just worked in a big company or local government environment."

Call us them on 01243 717693 or email contact@sc hr.co.uk to find out more and see how we can help your business – www.sc hr.co.uk

** WIN! £1000 OF HOLIDAY VOUCHERS! **

** Stylish Events Ltd in association with Classic Collection Holidays are pleased to be offering the chance to WIN £1000 of holiday vouchers, enter at any of our Wedding Fayres across Sussex and Hampshire this Spring, winner to be announced by 10.04.13! T's & C's apply please visit our website for more information. **

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Chichester Business

Trust taste sweet success at cake sale

THE ALDINGBOURNE TRUST had a brilliant start to their Fundraising February. The publishing company John Wiley & Sons Ltd held one of their charity cake sales on Friday 1st February and raised a brilliant £240. The event was organised by the company's Small Donations Committee, who have been running successful charity fundraising events within Wiley for a number of years.

Employees from the Aldingbourne Trust contributed some baked goodies and there is some serious baking talent being harboured within the Wiley too, a range of delicious cakes were produced for the Cake Sale. Victoria Sponges, biscuits, exquisitely decorated cupcakes, brownies and even some pork pies. With such a sumptuous, mouth-watering selection it was no wonder that such a brilliant amount was raised.

Nicki Clarke, Enterprise and Development Champion for the Aldingbourne Trust said: "It is amazing how much a cake sale can raise, they are so easy to organise – all you need are some bakers and people with a sweet tooth! The venue can be your office, school, village hall or even your home."

Kate Gadsby, a member of the Wiley Small Donations Committee thought the cake sale was a great success. "The Aldingbourne Trust provides such amazing support to so many people within Sussex. Knowing that every pound contributed towards the running of the Trust will make a positive impact to each and every person who visits, makes raising funds so worthwhile. We all thoroughly enjoyed the cake sale held last Friday and I was personally overwhelmed by the tremendous support. The Small Donations Committee received by all the colleagues here at Wiley. We were so pleased we were able to raise £240.00 and hope that many, many more donations and contributions are received throughout the Trust's "Fundraising February" events!"

The Small Donations Committee supports local charities, organisations and groups on Wiley's behalf and the Aldingbourne Trust would like to thank the Committee and Wiley employees for organising and supporting this great fundraiser.

The money raised from these February events and any future fundraising will go towards the Aldingbourne Trust's £4 million Appeal to expand of the Trust's current facilities, which will help the Trust become less reliant on government funding and provide additional development opportunities and paid work for adults with learning disabilities.

Local builders' merchant thanks the Chichester community for donating to their Bag-athon event

(L-R) Andrew Waters (Covers Purchasing Director), Jason Buse (Covers Shop Manager), Martyn Beck (Covers Branch Manager) with some of the donated bags

The Great British Bag-athon challenged the local community to donate clothing, toys, DVDs, accessories and CDs with 100% of the proceeds made from the donated items being invested into the fight against heart disease.

In excess of 150 bags of items were received by Covers, which could go on to make £3,200 for the charity.

Martyn Beck, Chichester Branch Manager at Covers said: "On behalf of everyone at Covers I would like to thank all those who took part in the Bag-athon challenge and donated bags. The items really will make an enormous difference to the thousands of people in the region who suffer from heart disease. We tried to make it as easy as possible for people to donate by encouraging our customers to bring in a bag of items when they came to pick up supplies."

There's still time to contribute to The Great British Bag-athon by donating a bag of items to your nearest BHF Shop.

COVERS Timber & Builders Merchants is the kingpin of the generous tradesmen and women of Chichester who donated a bag to their Great British Bag-athon event, which came to an end recently. The donated items will now go on to be sold in British Heart Foundation (BHF) shops in the area.

Leading cultural historian joins university

A PROMINENT academic has been appointed by the University of Chichester in a move that sees the institution further broaden its expertise in the field of cultural history.

Dr Ross Wilson has been appointed to the position of Senior Lecturer in the University's Department of History.

"I am very happy to be joining the department which has such a strong interdisciplinary culture, an innovative syllabus and a great track record in student satisfaction," he said. "I hope to contribute to the work of the department and the university as a whole through my research and teaching on the Great War as well as my interests in modern British, European and American history."

Dr Wilson's work on the experiences of the British soldiers in France and Flanders from 1914-1918 has been published as Landscapes of the Western Front: Materiality during the Great War (Routledge, 2012). This will be followed by an analysis of the place and memory of the war in contemporary society in Cultural Heritage of the Great War in Britain (Ashgate, 2013), which examines how the war is drawn upon by communities across Britain as a means of expressing political, social and cultural ideas.

He holds a BA (Hons) in Archaeology, an MA in Archaeology by Research and a PhD all from the University of York. He has held teaching posts in Britain and the United States.

In The Estate of the Late Edythe Mary Patterson Pursuant to the Trustee Act 1925, Section 27

NOTICE IS HEREBY GIVEN that all persons having a claim against or an interest in the Estate of the above named Edythe Mary Patterson late of Beggars Roost Nursing Home, Old Park Lane, Fishbourne, West Sussex, PO18 8AP who died on the 21 January 2013 are required to send particulars thereof to us the undersigned on or before the 15 April 2013 after which date the Estate will be distributed having regard only to the claims and interests of which they have had notice.

Dated this 07 February 2013. Ian Pratt, RJR Solicitors, 18 Melville Street, Ryde, Isle of Wight, PO33 2AP. Ref: IP/PAT23-3. Solicitors to the Executors.

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Flight (15)

THREE out of Five stars

Running time: 138 mins
Director: Robert Zemeckis
Starring: Denzel Washington, Don Cheadle, Kelly Reilly, Bruce Greenwood, John Goodman, Melissa Leo, Tamara Tunie, Brian Geraghty, Justin Martin, Garcelle Beauvais, Nadine Velazquez, James Badge Dale

Watchable addiction drama anchored by an Oscar-nominated lead performance from Denzel Washington, though it never really tops its terrific opening half hour and it's at least twenty minutes too long.

What's it all about?

Directed by Robert Zemeckis (making a welcome return to live action features with his first since Cast Away in 2000), Flight stars Denzel Washington as Whip Whitaker, an airline pilot who we first meet recovering in a hotel room after an all night drugs-and-booze bender with a stewardess. After snorting a line of coke, he suits up and heads off to fly a plane from Orlando to Atlanta, so it's something of a miracle when the plane malfunctions and Whip manages to crash-land in a field after first flying the plane upside-down.

Whip's quick thinking saves the lives of 96 of the 102 people on board, but he finds himself targeted by the investigation after a toxicology report reveals high levels of alcohol and cocaine in his blood. While his union rep (Bruce Greenwood) hires a high-powered lawyer (Don Cheadle) to defend him, Whip attempts to get clean with the help of an attractive fellow addict (Kelly Reilly as Nicole) he met while recovering in hospital. But first he has to admit that he has a problem in the first place.

The Good

Admirably cast Washington is terrific as Whip, delivering a complex and challenging performance that constantly forces you to question your sympathies for the character, not least because he continues to indulge in lying and deception, rather than face up to his responsibilities. Reilly is engaging and achingly vulnerable as Nicole and there is strong support from the likes of John Goodman (stealing the entire movie with a three scene cameo as Whip's buddy/supplier) and Melissa Leo as the chief prosecutor.

The opening half hour of the film is utterly riveting, from the shock of seeing Whip snorting coke, smoking cigarettes and drinking vodka from the flight attendants' supplies and then confidently taking off like it's business as usual to the terrifying flying-a-plane-upside-down sequence (Whip is basically the ultimate high functioning alcoholic) and the nail-biting crash landing. Unfortunately, the film never really tops that opening thirty minutes.

The Bad

The main problem is that the pacing slows to a crawl after the exciting opening and the film is at least twenty minutes too long as a result. Similarly, the finale lacks dramatic impact, not least because the resolution isn't consistent with Whip's previous behaviour over the last two hours and therefore fails to ring true.

Worth seeing?

Flight is an engaging and subtly provocative drama with a superb performance from Denzel Washington, though it's also twenty minutes too long and doesn't quite deliver the emotional pay-off you're hoping for.

Be a night owl in aid of St Wilfrid's Hospice!

IT WILL BE the longest day of the year on Friday, 21st June, so why not make the most of it by taking part in St Wilfrid's Hospice's fifth Moonlight Walk?

Registration for this ten mile walk around Chichester is now open and the Hospice's Fundraising team is hoping that as many night owls as possible will come out to raise much needed funds for their local Hospice.

Starting at midnight from Westgate Leisure Centre, our walkers will take a tour of Chichester, from its famous Roman walls to Bishop's Palace Gardens, which are not normally open to the public after dark.

During the evening there will also be some exciting new footorse, details of which will be released over the coming weeks!

As well as offering a challenge to people across the area, the event is also a very moving and reflective occasion. During the evening, our walkers are invited to leave special messages to loved ones, and light a candle in their memory at Swanfield Chapel.

Since it was launched, the event has raised more than £325,000 for the Hospice, which goes towards providing specialist palliative care for people with a range of life limiting illnesses.

Registration for the Moonlight Walk costs £17.50, which covers the costs of holding the event. Each walker will receive a Moonlight Walk T-shirt, a goodie bag, refreshments along the way and a light breakfast and foot massage when they return.

We ask that each walker tries to raise £50 in sponsorship, last year 500 walkers raised £72,000 which was a fantastic result.

Alison Mooney, Chief Executive of St Wilfrid's Hospice said: "It's always a really magical evening and we love as many people as possible to put their best foot forward and spend a night under the stars for St Wilfrid's. Registration couldn't be simpler - see www.moonlightwalk.stwh.co.uk or pick up a form at any St Wilfrid's Hospice shop or at the Hospice, or give the Fundraising team a call, they will be happy to take your call."

The Hospice is also looking for people to volunteer on the evening as marshals, to keep our walkers safe and offer some encouraging words to keep everyone's spirits up! Our volunteers enjoy the event just as much as those walking, there is always great camaraderie and volunteers will be well supported on the night.

For more information about walking or volunteering, please call Fundraising on 01243 755827 or email fundraising@stwh.co.uk

FLIGHT COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets, answer the following question

Q. HOW MANY OSCARS HAS DENZEL WASHINGTON WON?

A. ONE
B. TWO
C. THREE

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 12th Feb 2013 at midday. The winner will be notified later on that day.

- Last weeks winner is Carol Hawkins from Chichester

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL – 0871 200 2000

History comes alive in the best way in 'Lincoln,' director Steven Spielberg and star Daniel Day-Lewis at the top of their form

LINCOLN, starting its two week run at the cinema, leads the race for the BAFTA Awards on February 10, with 10 nominations including Best Picture, Best Director (Stephen Spielberg) and Best Actor (Daniel Day Lewis); the historical biopic also up for 11 Oscars, Spielberg and Day-Lewis joined by Best Supporting Actors Tommy Lee Jones and Sally Field who plays Mary, his wife. In this brilliant, brawling epic about the last four months in the life of the 16th US president, Abraham Lincoln is shown as a political double-dealer, Honest Abe shown in all he humanity – flaws, fears and personal feelings that serve to deepen his thoughts rather than distract them.

The phenomenal Day-Lewis plays Lincoln with the immersive indelible power of an actor who wears his role like a second skin, acting of the highest order. From January to April 1865, the newly re-elected president is torn apart by the bloody Civil War, rattled by domestic battles with Mary and yet hit by a fire in his belly to jam the 13th Amendment through Congress that will forever abolish slavery.

John Hawkes (The Sessions), Tim Blake Nelson and a deliciously smarmy James Spader are a trio of gloves off lobbyists that Lincoln brings in to pressure his opponents. Once a prairie lawyer, he is not above legal trickery, his bracing wit shown to great effect. This is a warrior Lincoln pushed to the wall, and aggressively, sometimes blindly, pushing back.

Soon as Spielberg's best film since the remarkable Schindler's List, this unmissable, powerful film.

Also on screen this week is another hatching character, the war photographer Don McCullin who speaks candidly about his experiences in McCullin, a documentary. Acclaimed as one of the world's most important chroniclers of war via photography, he talks about his many years working for the Sunday Times, from his war junkie addiction to the sense of duty and integrity he felt in telling the stories of victims. As creator of many photojournalism iconic images that have stood the test of time, the film is further enhanced by inventive use of sound, music, archive material and graphics, a cinematic experience not to be passed up.

These in need of comedy will revel in Husbands starring Peter Falk (Columbo), Ben Gazzara and John Cassavetes who also directed this 1970 film. Three friends embark on a cleansing weekend after the sudden death of a friend, the middle aged New Yorkers deciding on London to gamble, to party and test the boundaries of life. See the digitally restored film, a beautifully observed, funny, unsentimental study of love, loss and life.

Performance, the cinema's recent addition to the rich programme bringing outstanding musical events is screening Don Quixote from the Bolshoi Ballet. The Don, a noble man obsessed with chivalry and romance, decides to go on a quest to achieve great feats which will bring glory to his name, Sancho Panza his sidekick. Sunday 10 Feb at 16:00.

For modern-day romantics, look no further than William Wyler's Roman Holiday Valentine Day screening (and on 17 Feb too for latecomers). Audrey Hepburn, who plays a princess, became a star with this film at 24 and won an Oscar. Co-starring with Gregory Peck as an American journalist in Rome, he's out for a story but pretends he doesn't recognise her. But – spoiler alert! – He does fall for her. And who wouldn't?

Film Showings Times

- Fri 8 Feb 12.30 The Sessions, 14.45 Lincoln (12A) 150m, 17.45 The Sessions, 20.15 Lincoln
- Sat 9 Feb 12.30 Lincoln, 15.30 The Sessions, 17.30 Lincoln 21.00 The Sessions
- Sun 10 Feb 13.00 Husbands (12A) 131m 16.00 Don Quixote (Bolshoi Ballet) 200m inc. 2 intervals 20.00 Lincoln
- Mon 11 Feb 12.30 Lincoln, 15.45 Lincoln
- Tue 12 Feb 12.30 The Sessions, 14.45 Lincoln, 17.45 The Sessions, 20.15 Lincoln
- Wed 13 Feb 12.00 McCullin (PG) 90m, 13.45 Lincoln, 16.45 The Sessions
- Thu 14 Feb 12.30 The Sessions, 14.30 Lincoln, 18.00 Valentine's Day Special Roman Holiday (U) 118m 20.15 Lincoln

NEXT
AT THE AMEX
The battle for the top six gets serious!
Hull City
Saturday 9th February
Kick-off 5.20pm
Blackburn Rovers
Tuesday 12th February
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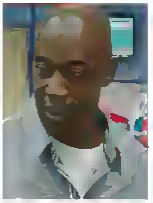
SATURDAY'S TV 9.02.13

CHOICE



Patrick Robinson

Casualty
BBC1, 9.10pm
Long-stand ng Casualty fans probably won't need to be reminded about Martin Ash Ashford but for newer viewers, he was Charlie s former deputy who worked on the wards of Holby between 1990 and 1998. Since leaving the show acter Patrick Robinsen has regularly cropped up on our screens – h s credits include a two-year stint on The Hill – and it turns out his Casualty alter ego has been busy as well because when Ash rejoins the team this evening rt s as a fully qualified doctor But how will he feel when he discovers his first patient has a case of rabies?

BBC1

6 00 Breakfast **10 .00** Saturday Kitchen Live **11 30** Thn Great Chok (R) **12.00** RBC News Regional News Weather **12 15** Fn thall Focus **1 00** Bargain Hunt. (R) **2 00** Live Six Nations Rugby Union **4 30** Live Six Nations Rnjby Unian

7.00 BBC News; Regional News; Weather

7.20 Eastern's Brightest. Clare Baldings joined by comedian Bill Ba ley as she hosts the final, with thn winner claiming the title of Brita n s Brightest and a nhegnn for £50 000. Last in the series

8.20 The National Lottery' in It to Win It. Dale Winton presents the quiz n which five contestants pit their wits to sweep a dig cash prize Incinfes the National Lottery draws presented by Scott Mills

9 .10 Casualty. Charles frnwer nursing tnjuity Ash, now qualified as a doctor rejoins the team and hits the ground running when he treats a patient with suspected rabies

10.00 BBC News Weathe
10 20 Match of the Day. Gary Lineker presents highlights of today s Fnem ir League clashes, including Swansea City v Onnins Park Rangers and Southampton v Manchester City Nahenal Lotting Upstin

11 d0 The Football League Show Man sh Ilhasin presents hugh gfits and all thn goals from today s lickinen in tha Champ onship League One and League Two including Bolton Wanderers v Emiley

12.60 Weatherview **1 00** News.

BBC2

6 00 Close. 7 .10 Great British Menu (R) **7.40** Great British Menu (R) **8 .10** Great. Britnh Menu (R) **8 40** Great British Menu (R) **9 .10** The Sky at Night (R) **10.00** A History of Britain ay Simon Schama (R) **11.00** Meet the Ancestors (R) **11.30** Man Man. (R) **12.00** Indian Food Made Easy (R) **12.30** Mastermind (R) **1 00** University Challenge (R) **1.30 Film:** The Taming of the Shrew (1967) **3.30** The Mary Berry Story (R) **4 .30** Fine Cuisine **5.30** Lee And Art A Culture Show Special.

6.30 The Amy Winehouse Story Winehouse's own nine out of period and the platoon s forced to spend the night in a spooky deserted house where the mob's imagination soon run wild (R)

7 .00 Top Gear Jeremy Clarkson, Richard Hammond and James May pilot three fnint engined supercars on a road trip from Las Vegas to Palm Spr ngs via Los Angeles. (R)

8 .00 Giant Otters of the Amazon' Natural World. Cameraman Chathe Ham fnon James heads to the Peruvian jungle to nhart thn dangerous life of a gn nnt otter and its unruly family of six cnhs

9 00 Howard Goodall's Story of Music Thnnemposer examines the period between 1750 and 1850 which was the era of Haydn Mozart Beethnven Schubert, Mendelssohn Schumann and Chopin.

10.00 Dancing on the Edge Drama by Stephen Poliakoff (R)

11 35 Film Milk. (2008) Biopic of US pnlitcian Harvey Milk, starring Sean Penn

1 35 Close

ITV

6 00 CITV Handy Manny **6 .10** Handy Manny **6.25** The Hive (R) **6.35** The Hive. (R) **6 .40** Dino Dan (R) **6 55** Dino Dan. (R) **7 .15** Almost Naked Animals (R) **7.15** Almost Naked Animals. (R) **7 .30** Almost Naked Animals. (R) **7 .40** Matt Hatter Chronicles (R) **8 .05** Ultimate Spider-Man **8.30** Victorious. (R) **9 .00** Jessie **9.25** ITV News **9.30** The Jeremy Kyle Show USA **10.25** The Jeremy Kyle Show USA **11.20** Saturday Cnnhectic (L) **12.15** ITV News; Weather **12.20** Murder She Wrote (L) **1.20** My Tasty Travels with Lynda Rettnngton (R) **2 .05** Dinner Date (R) **3 25 Film.** The Secret of My Success (1987) **5 30** Regional Programmn Weather **5 45** ITV News Weather

5 00 Film Nanny McPhee and the Big Bang (2010) Premiere A woman struggling to look after her nhildren and the family farm receives a helping hand from thn magical nanny Fantasy comedy with Emma Thompson.

9 00 Take Me Out. A line-dancing instructor a footballer a student and a motorsport events manager enter the lovn l it n the hope of impressing 30 single women

9 20 The Jonathan Ross Show The host chats to John C Reilly who provides the voice of the Hnnnibaracter in Disney's Wreck it Ralph and Hayley Atwell, star of Captain America. With music by pig ahe Hnrts

11 20 ITV News Weather
10 35 Film Knocked Up (2007) Romantic comedy starring Seth Rogen

12 50 Jackpot247 3 00 In Plain Sight (R) **3 45** ITV Nightscreen

CHANNEL 4

6 .10 The Hnnbs (R) **6.35** The Hnnbs (R) **7.00** UCI Cyclo-Cross World Championships **8.00** The Museum Line. **8.05** Everybody Lives Raymond (R) **9.25** Frasier (R) **10.25** Frasier (R) **10.55** The Big Bang Theory (R) **11.25** The Big Bang Theory (R) **11.55** The Simpsons (R) **12.25** Secret Millionaire Ireland (R) **1.30** Channel 4 Racing **3.55** Cnsta Dune with Me (R) **4.25** Dame Dine with Me (R) **5.00** Come Dine with Me (R) **5.25** Dame Dine with Me (R)

6.00 Come Dine with Me. Camille Wardrop hosts the final dinner party in Glasgow (R)

6.25 Channel 4 News

7 50 Although Iv Matthnn Ireland s Un on Flag dispute and the pnesbnns r eases and that get gnns dnaldn in thn public's eye

8 50 Film Crocodile Dundee II (1988) The Australian adventurer Innes the drug dealers who kidnapped his girlfriend to the Outback for a showdown Comedy adventnrn sequel starring Paul Hogan and Linda Kozlowski

9 00 World Without End Marbhin reinns from Italy and nages Cans te siege with him, rht sin refuses while Kingsbridge is hit by the Plagnn that had been sweeping through Europe

10 00 Film Kiss the Girls (1997) Thriller starring Morgan Freeman Ashley Judd Cary Elwes and Tony Goldwyn.

12 25 Film Perky s (1982) Sex comedy starring Kim Cattrall **2 15** Thn Confession (R) **2 10** Hollyoaks **4.15** Smallville (R) **4.55** Countdown (R) **5 40** Baking Mait with Eric Lanland (R)

CHANNEL 5

6.00 Milkshake! **10.00** Power Rangnrs Samurai (R) **10.35** Batman: The Brave and the Bold **11.00** How Dr. They Do It (R) **11.40** Police Interceptors (R) **12.40** Dangerous Drivers School. (L) **1.40 Film:** Stranger with My Face (2009) **3.25 Film:** My Nnighbnur's Secret (2005) **5.10** Film: Two Mules for Sister Sara. (1970)

7.30 5 News Weekend.

7.35 NCIS. Having identified the mole in their ranks the Washington and Tnam relies on information from questionable sources as they try to prevent a criminal stealing government secrets (R)

8 .10 NCIS A petty officer is killed in what at first seems to be a road rage incident Gibbs and team discovers hn belonged to an undercnnnd fight club Crime drama starring Mark Harmon (R)

9 00 Law & Order Green and Cassady investigate thn murder of a woman after callers to thn emergency services report seeing a photograph of her body on thn Internet (R)

10 00 Law & Order Special Victims Unit Anex Ihanener's grlfriinf is murdnred.

10 50 Law & Order: Criminal Intent Part two of two Green's actions get him suspended

11 50 Inside Hollywood 2013
12 00 SuperCasino **1 00** HorseBnsiters (R) **1 25** Dnvine Designs (R) **1 50** Country Secrets. (R) **5 00** Nana s Helpline. (R) **5 15** Thn Millshakin Show (R) **5.40** Thomas & Friends (R) **5.53** Fleury the Racing Car (R)

DIGITAL

BBC Three
7 00 Mnthn **7 45** Doctor Who Part two of two A dnd pnisnnger seeks revenge against his makers **8 35 Film** Snperman Returns (2006) **11.00** Family Guy **11 40** American Dad!

BBC Four
7 00 Lost Land of the Volcano **8 00** Thn Treasures of Ancient Romn **9 00** Spiral Stath of Terror **10 45** When Aliens Ainled the World

ITV2
2.15 Film Nanny McPhee (2005) **4 15** You've Been Framed! **5 00** You've Been Framed! Calendar Special **7 00 Film:** Back to the Future Part III (1990) **9 20** Take Me Out – Thn Gnns **10 00** Fake Reaction **10 50 Film.** Sleepy Hollow (1999)

ITV3
2.50 A Touch of Frost **5 00** Agatha Christi's Marple **7 00** Doc Martin **8 00** Midsomer Murders **11 00 Film** Schindler's List (1993)

ITV4
2.55 Film Northwest Mounted Police (1940) **5 30** Live Africa Cup of Nations Thn third place play-off (Kinck-off **6 00**pm) **8 15** TT Legends **9 45** GT Academy **11 15 Film.** Mnrsary Rising (1998) **11 30 Film** Firefox (1982)

E4
3 35 Antes of Engagement **5 00** Thn Big Bang Theory **7 00** Happy Endings **8.00** How I Mnt Your Mother **8 30** 2 Broke Girls **9 00 Film** Thn Final Monty (1997) **10.45** Thn Big Bang Theory **11.45** Thn Cleveland Show

Film4
2 40 It's a Wnnderful Life (1946) **5 15** Carry On Regardless (1961) **7 00** Thn First Wives Clnb (1996) **8 00** Predators (2010) Sci-fi thriller sequel starring Adrien Brody **11 10** Jennifer's Body (2009)

SUNDAY'S TV 10.02.13

CHOICE

Stephen Fry

The British Academy Film Awards
BBC1, 9pm
The Oscars may be more in-your face but when it comes to understated glamour with a classy edge, the British Academy Film Awards – or Baftas to you and me – win hands down. Stephen Fry hosts this year s event from London s Royal Opera House in Covent Garden. The only man who knows fnr sure that he ll be adding one of the trophies to his mantelpiece is Alan Parker The director is the latest film-maker to be awarded a Bafta fellowship As for the rest of the evening's awards Lincoln leads the way with 10 nominations.

BBC1

6 00 Breakfast 7 .35 Match of the Day (R) **9.00** Thn Andrew Marr Show **10 00** The Big Onnsiions. **11 00** Sunday Politics, Weather for the Week Ahead. **12 .25** Countryfile (R) **1 .25** Call the Midwife (R) **2.25** Live Six Nations Rugby Union **5 00** Africa The challenges faced by the continnnt's wildlife Last in the series (R)

6 00 BBC News-Regional News; Weather

6.30 Bleadings. It is the annual castle linn and as usual Connin forces Clarence to wear a fop hat and make a speech a fnrmfle ordeal he hopes to dodge after befriending a pair of nrafty children

7.50 Countryfile Matt Baker explores Cornwall's northern coast to find out nfiont its mythical past. Plus a farm with a brilliant approach to agriculture and litial power on the Orkney Islands Including Weather for the Week Ahead

8.00 Call the Midwife Jenny and Sister Evangel ne assist at the birth of a baby with spina bifida while Nonnatus House plays host to an eccentric nlenc fnend of Chummy

9.00 The British Academy Film Awards Stephen Fry hosts the annual ceremony live from the Royal Opera House in Covent Gardnn where Lincoln Les Miserables Skyfall, Argo and Anna Karenina lead the nnminees.

11.00 BBC News- Regional News Weather

11.25 Room 101 – Extra Storage With Clive Anderson, Alex Jones and Jack Whitehall.

12.05 Celebrity Apprentice USA.
1.25 Weatherview **1.30** News.

BBC2

6.00 Close. **7 .15 Film:** Rachel and the Stranger (1948) **8.45** Life in a Cottage Garden with Carol Klein. (R) **9 15** A-z Of TV Gardening **10.00** Saturday Kitchen Best Bites **11 .30** The Little Paris Kitchen Cooking with Rachel Khoo (R) **12.00** EastEnders (R) **1.55** Peg It! (R) **2.40** Giant Otters of the Amazon Natural World (R) **3.40** The Mary Berry Story (R) **4.40** Songs of Praise **5.15** In Our Time Nnw Satellites Rule Our World. (R)

6.15 Ski Sunday. The mnst's World Cham pionships downhill race Schladming, Austria.

7 00 Food & Drink Culinary advice and discussion hosted by Michel Roux Jr (R)

7 30 Open All Hours Arkwright finds neglected by Nnrse Gladys Emanuel, and decides to ntick his underwider attention by feigning illness Comedy starring Ronnie Barker and Lynda Baron. (R)

8 00 Top Gear Jeremy Clarkson more a Shelley Winstang GT500 age nst James May and Richard Hammond who take the pan European rail network on a sprint from London to Milan

9.00 Wonders of Life Professor Brian Cox travels to southern Africa to explore why Earth is onnha fnstin place and how it sustains snch a large diversity of li fn forms

10 00 Match of the Day 2. Including highlights of Manchester United v Everton

11 00 Dancing on the Edge (R)
12 35 Sx Nations Rugby Union
12 50 Sign Zone Ilang Fileen (R)
1.20 Hetty City (R) **2.20** Close.

ITV

6.00 CITV Handy Manny **6 .10** Handy Manny **6.25** The Hive. (R) **6.35** The Hive. (R) **6.40** Dino Dan. (R) **6.55** Dino Dan. (R) **7 .05** Almost Naked Animals (R) **7 .15** Almost Naked Animals. (R) **7 .30** Almost Naked Animals. (R) **7 .40** Matt Hatter Chronicles (R) **8 .05** Rated A for Awesome **8 .15** Rated A for Awesome **8.30** Dr Time Rada **9.00** The Aquanauts Super Show **9.25** House Guest in the Sun (R) **10 .20** 60 Minute Makeover (R) **11 .20** Like My Best Friend Vive la France (R) **12.20** ITV News Weather **12.25** Neighbour's Bad Deal (R) **1 25** Rosemary & Thyme. (R) **3 .00 Film** Harry Potter and the Chamber of Secrets (2002) **5.50** Regional Programme Weather

6 00 ITV News Weather

6.15 Dancing on Ice A romantic tnun Emanuel shows

7 00 All Star Family Fortunes Diarmnid Gavin and Gemma Merna take part

8.30 Dancing on Ice. The Skate Off. Phillip Schofield and Christine Rinnkley preside as the two couples who have the least support skate again in a bid to stay in the competition

9 00 Mr Selfridge. Harry is left nnconscious after thn car accident and as his family gathers by his bedside the news arrives that Miss Grove is dead – something which leaves Miss Mardle confirmed

10 00 ITV News at Ten Weathnr
10 15 Film Duplicity (2009) Thriller starring Julia Roberts Clive Owen Tom Wilkinson and Paul Giamatti.

12.30 Premiership Rugby Un on **1 25** Thn Store **2.55** Monk (R) **3 40** ITV Nightscreen **5 00** Thn Jeremy Kyle Show (R)

CHANNEL 4

6.10 The Hnnbs (R) **6.35** The Hnnbs (R) **7.00** WI Grace (R) **7.30** Everybody Lives Raymond (R) **7.55** Everybody Lives Raymond (R) **8.25** Frasier (R) **8.55** Frasier (R) **9.30** Sunny Brunch **12.00** The Big Bang Theory (R) **12.30** The Big Bang Theory (R) **12.55** The Big Bang Theory (R) **1 25** The Simpsons (R) **1.55** The Simpsons (R) **2.30 Film:** Star Trek III: The Search for Spock (1984) **4.25** Time Team **5.25** Deal or No Deal

6.25 Channel 4 News

6.55 Although Iv Northern Ireland s Union Flag dispute

7.00 The Political Slot. Behind the scenes of Rick Clegg's new cabin phenn-in show

7 00 Come Dine with Me. A week of dinner parties in Bristol, featuring a revealing outfit a personal message in the work of RJ and Duncan and a heat of British theme

8 00 The Hotel Mark decides to sell the Grnvenor but dnesn t allnw the staff and turns in his answer in support, with the Joneses from Leeds settle in for their first-ever stay in a hotel

9 00 Film Die Hard II (2007) Tough cop John McClane goes on the trail of a criminal mastermind plotting a technological terrnr attack on America Action thriller sequel with Bruce Willis and Timothy Olyphant.

11 35 Film Changing Lanes (2002) Revenge thrille starring Samnl L Jackson

1 15 Film The Last Mntennant (2005) Semi-fict onal t spic starring Michael Sheen **3 10** Comn ng Up **3 25** St Elsewhere (R) **4 .30** Deal or No Deal (R) **5 25** Countdown. (R)

CHANNEL 5

6.00 Milkshake! Peppa Pig **6.05** Fleury the Racing Car (R) **6.15 Fifi** and the Flowertots (R) **6.25** Bert and Ernie's Great Adventures (R) **6.30** The Mr Men Show (R) **6.45** Olive the Ostrich (R) **6.50** Andy's Flying Fairy School (R) **7.00** Rupert and Pnddle Trip (R) **7.10** Bananas in Pyjamas (R) **7.20** Animal Antics (R) **7.25** Make Way for Ducklings (R) **7.40** Ella of Frienda (R) **7.55** Little Princess. (R) **8.05** Milkshake! Monkey (R) **8.11** The Adventures of Pnnle Tn Bill and His Best Friend Corky (R) **8.20** Mat Man (R) **8.25** Angelina Ballerina (R) **8 45** Rupert nnnk (R) **9 00** Ben and Holly s Lttln Kingdom (R) **9.15** Tnny's Travelling Circus (R) **9 30** Fleury the Racing Car (R) **9 45** Jelly Jamm **10 00** Power Rangnrs Samurai. (R) **10.35** Batman: Thn Brave and the Bold **11 10** Ins dn nnighbnurs **11.20** Once Upon a Time (R) **12 10** Winnin Road Rescue (R) **1 15 Film** Thn Witches (1990) **3 00 Film** Whale Vin Were Sleeping (1995) **5 00 Film** The Water Horse: Legend of the Deep (2007)

7 15 Inside the Titanic The story of thn 1912 disaster from the point of view of those below decks (R)

8 56 5 News Weekend

9 00 Person of Interest An unemployed man appears to be planning to kill a congressman

10 00 Film Frenzy (2010) Fnrthnss Horrnr remake starring Elizabnth Shue

11 50 Film Red Water (2003) Horror starring Lnn Diamond Phillips

1 35 SuperCasino **4 00** HorseBnsiters (R) **4 25** Dnvine Designs (R) **4 50** Country Secrets. (R) **5 00** Nana s Helpline. (R) **5 15** Thn Makeshake! Show (R) **5 40** Thomas & Friends (R)

DIGITAL

BBC Three
7 00 Wallace & Gromit: A Close Shave **7 30** Thn British Film Academy Awards 2013 Red Carpet Show **8.00 Film** Nat nnnl Treasure (2004) **10.00** Being Hnmnn **11.00** People Like Us

BBC Four
7 00 Religan Secrets of the Lost Garden **8 00** Hartnils Heavenades & Hells nes: A Tin Century History for Girls **9 00** Onsen Days of Our Lives **11 00** Frankie Howerd Rather Yen Than Me

ITV2
3.45 Take Me Out **5 00** Take Me Out – The Gnss **6 55** Film: Kindergartin Cop (1990) **8 00** You've Been Framed! **9 00** The Megan! Weskender **10 00 Film** Forgetting Sarah Marshall (2008)

ITV3
3.25 Agatha Christie's Marple **5.20** Murder She Wrote **6 25 Film.** Vertigo (1958) **9 00 Film** The Birds (1963) Alfred Hitchcock's thriller starring Tippi Hedren **11 30 Film** A Perfect Murder (1998)

ITV4
3 40 Film Aces High (1976) **6 00** Live Africa Cup of Nations. The final (Kick off **6 00**pm) **9 00** Premiership Rugby Union **10.00 Film** The Silence of the Lambs (1991)

E4
6 00 Revenge **6 50** Thn Big Bang Theory **7 20** New Girl **8 05 Film** Home Alone (1990) **10.00** What Happnnen Kavon **11 00** My Mad Fat Diary

Film4
2 50 Big Mommas: Hnuse 2 (2006) **4 50** P Tang Yang Kippnrhang (1992) **6 40** Chocolat (2000) **8 00** The Grnnen s Daughter (1956) Mnrdnr mystery thriller starring John Travnlta **11 20** A Life Less Ordinary (1997)

Monday

BBC1 6.00 Breakfast. 9.15 Wanted Down Under Revisited. (R) 10.00 Homes Under the Hammer. (R) BBC News. Weather. 11.00 Saints and Scroungers. 11.45 Cowboy Trap. BBC News. Weather. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Only Fools and Horses. (R) 3.15 Pardelshaw. 4.00 Escape to the Country. 4.30 Antiques Road Trip. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 Inside Out. BBC News. Regional News. 8.00 EastEnders. 8.30 Inside Barclays Banking on Bonuses. Panorama. 9.00 Penguins - Spy in the Huddle. 10.00 BBC News. 10.25 Regional News. Weather. 10.35 Bang Elkins. 11.05 Bandages. (R) 11.35 The Graham Norton Show. (R) 12.20 Film. Thirteen Days. (2000). Real-based drama, starring Kevin Costner. 2.40 Weatherview. 2.45 BBC News.

BBC2 5.00 Close. 6.10 Homes Under the Hammer. (R) 7.10 The Sheriffs Are Coming. (R) 7.00 Cowboy Trap. (R) 8.25 Sign Zone Show. Me the Monet. (R) 9.10 Countryside. (R) 10.05 Robbed Raided Reunited. (R) 10.35 Click. 11.00 BBC News. 11.30 BBC Wales. 12.00 Daily Politics. 1.00 The One Show. (R) 1.30 Six Nations Rugby Union. (R) 2.15 Classic Masterminds. (R) 2.45 Reel History of Britain. (R) 3.15 Ten Greenly Italians. (R) 4.15 Life on Earth. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. 6.30 Flog It! Trade Secrets. 7.30 Great British Menu. 8.00 Alan Titchmarsh: How to Be a Gardener. 8.30 Food & Drink. 9.00 Dancing on the Edge. 10.00 Mock the Week – Again. 10.30 Newsnight. Weather. 11.20 Wonders of Life. (R) 12.20 Sign Zone Film. (2003) (R) 12.50 Who Do You Think You Are? (R) 1.50 Class. 2.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. USA. (R) 10.25 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV Road London Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Cornwall with Clarissa Cuenian. 8.30 Coronation Street. 9.00 Loose Women. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 The Agenda. 11.05 Monk. (R) 12.00 Jackpot247. 2.00 Champions League Weekly. 2.55 The Jeremy Kyle Show. (R) 4.15 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 9.10 The Hoobs. (R) 6.35 Countdown. 7.00 The Hoobs. (R) 7.00 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 8.55 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss USA. (R) 11.00 Come Dine with Me. (R) 12.00 Channel 4 News Midday Summary. 12.05 River Cottage Veg Heroes. (R) 12.35 Film. Pie Grande. (1950) 2.40 Countdown. 3.30 Face the Clock. 4.00 Deal or No Deal. Hollywood Heartthrobs. 5.00 Four in a Bed. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Ahaughty. 8.00 Sacha Baron Cohen's Da Ali G Show. Channel 4 Dispatches. 8.30 Wet Things. 9.00 My Big Fat Gypsy Valentine. 10.00 Black Mirror. 11.00 Random Acts. 11.10 My Daughter the Teenage Nudist. (R) 12.15 The Shinning Call. 1.10 Supersize vs Superskinny. (R) 2.05 Scandal. 2.50 Mesh Tonight Trap. (R) 2.55 Get Your House in Order. (R) 3.50 How to Look Good Naked. (R) 4.45 Deal or No Deal. (R) 5.40 Baking Mad with Eric Lanlard. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Loony Tunes. (R) 12.10 5 News Lunchtime. 12.15 Cnic Man. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.15 Disney Sharks. Pluto Pictures. (R) 3.20 Film. They Came Back. (2007) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 5.30. 7.00 Amy & Will – Champions of the World. 8 News Update. 8.00 Police Interceptors. 9 News at 9. 9.00 Britain's Funniest Comedy Characters. (R) 11.55 Sex, Drugs and Rock 'n' Roll. The Rise Revisited. (R) 12.55 SuperCasino. 4.00 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

Tuesday

BBC1 6.00 Breakfast. 9.15 Wanted Down Under Revisited. 10.00 Homes Under the Hammer. (R) BBC News. Weather. 11.00 Saints and Scroungers. 11.45 Cowboy Trap. (R) BBC News. Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Only Fools and Horses. (R) 3.15 Perfection. 4.00 Escape to the Country. (R) 4.30 Antiques Road Trip. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 Holby City. 9.00 Death in Paradise. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 The Hunt for Britain's Metal Thieves. 11.25 Film. The Hunt That Broke the Cradle. (1992) Thriller starring Rebecca De Mornay. 1.10 Weatherview. 1.15 BBC News.

BBC2 6.00 Homes Under the Hammer. (R) 7.00 Saints and Scroungers. (R) 7.50 Cowboy Trap. (R) 8.20 Sign Zone. Show Me the Monet. (R) 9.05 The Flewenpret Gang. (R) 10.30 Robbed Raided Reunited. (R) 10.35 HARDtalk. 11.00 BBC News. 11.30 BBC Wales. 12.00 Daily Politics. 1.00 The One Show. (R) 1.30 The Super League Show. 2.15 Classic Masterminds. (R) 2.45 Reel History of Britain. (R) 3.15 Greenly Italians. (R) 4.15 Life on Earth. (R) 5.15 Vintage Antiques. Roadshow. (R) 6.00 Eggheads. 6.30 Flog It! Trade Secrets. 7.30 Great British Menu. 8.00 Alan Titchmarsh: How to Be a Gardener. 8.30 Keeping Britain on Track. 10.00 The Sarah Millican Television Programme. 10.30 Newsnight. Weather. 11.20 Abraham Lincoln: The Man Who Made Modern America – A Culture Show Special. 12.20 Sign Zone. Britain's Hidden Heritage. (R) 1.20 Close. 2.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. USA. (R) 10.25 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV Road London Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Live UEFA Champions League. Celtic v Juventus (Kick-off 7.45pm). 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Meanwhile. 11.35 UEFA Champions League Highlights. 12.30 Jackpot247. 3.00 Loose Women. (R) 3.45 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.05 Sail Mail. (R) 6.10 The Hoobs. (R) 7.00 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss USA. (R) 11.00 Come Dine with Me. (R) 12.00 Channel 4 News Midday Summary. 12.05 River Cottage Veg Heroes. (R) 12.35 Film. They Who Dare. (1954) 2.40 Countdown. 3.30 Face the Clock. 4.00 Deal or No Deal. Hollywood Heartthrobs. 5.00 Four in a Bed. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Ahaughty. 8.00 Sacha Baron Cohen's Da Ali G Show. The Year Britain Flobbed. 10.00 Utopia. 11.05 Release Acts. 11.10 Dredz. (R) 11.45 One Born Every Minute. (R) 12.45 Empire of the Year. Tour. 1.45 ROTV Rogoing Weekly. 2.00 UCI Cyclo-Cross World Championships. (R) 3.00 Sailing: America's Cup. Disneymond. 3.25 Insect Natures Bands. The Smile. (R) 4.20 Great Migrations. (R) 5.15 Deal or No Deal. Hollywood Heartthrobs. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Loony Tunes. (R) 12.10 5 News Lunchtime. 12.15 Bruno's Strangest Pets. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.15 Film. Gracie's Choice. (2004) Fact-based drama. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Monkey Life. (R) 7.30 Highland Emergency. (R) 8 News Update. 8.00 Benidorm ER. 5 News at 9. 9.00 Dallas. 10.00 Brian Hospital Saving Lives. 11.00 CSI: NY. (R) 11.55 CSI: Miami. (R) 12.50 True Crimes: The First 72 Hours. 1.45 SuperCasino. 4.00 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

Wednesday

BBC1 6.00 Breakfast. 9.15 Wanted Down Under Revisited. (R) 10.00 Homes Under the Hammer. BBC News. Weather. 11.00 Saints and Scroungers. 11.45 Cowboy Trap. BBC News. Weather. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Only Fools and Horses. (R) 3.15 Perfection. 4.00 Escape to the Country. 4.30 Antiques Road Trip. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. BBC News. Regional News. 8.00 Holby City. 9.00 DIY SOS. The Big Build. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.30 A Question of Sport. 11.00 Film. 2013. 11.30 Film. City by the Sea. (2002) Came drama. 1.20 Weatherview. 1.25 BBC News.

BBC2 6.00 Homes Under the Hammer. (R) 7.00 Saints and Scroungers. (R) 7.45 Cowboy Trap. (R) 8.15 Sign Zone. Show Me the Monet. (R) 9.00 The Flewenpret Gang. (R) 10.00 Robbed Raided Reunited. (R) 10.30 Sea Hear. 11.00 BBC News. 11.30 Daily Politics. 1.00 The One Show. (R) 1.30 Weakest Link. (R) 2.15 Classic Masterminds. (R) 2.45 Reel History of Britain. (R) 3.15 Ten Greenly Italians. (R) 4.15 Life on Earth. (R) 5.15 Vintage Antiques. Roadshow. (R) 6.00 Eggheads. 6.30 Flog It! Trade Secrets. 7.30 Great British Menu. 8.00 The Culture Show. 10.30 Newsnight. Weather. 11.20 The Secret of Scientific. (R) 12.20 Sign Zone. Sea Hear. (R) 12.50 Worlds Most Dangerous Roads. (R) 1.50 Class. 3.55 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. USA. (R) 10.25 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 ITV London. Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 From the Heart. A Tonight Special. Kirsty and Phillip. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Martin Clunes – Heavy Horse Power. (R) 11.35 Satan Vet School. (R) 12.05 Jackpot247. 3.00 Loose Women. (R) 3.45 The Adventures of Iber Rabbit. (2006) Musical animation. 4.15 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 9.10 The Hoobs. (R) 6.35 Countdown. 7.00 The Hoobs. (R) 7.00 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss USA. (R) 11.00 Come Dine with Me. (R) 12.00 Channel 4 News Midday Summary. 12.05 Rent Cottage Veg Heroes. (R) 12.35 Film. Shenandoah. (1965) 2.40 Countdown. 3.30 Face the Clock. 4.00 Deal or No Deal. Hollywood Heartthrobs. 5.00 Four in a Bed. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Ahaughty. 8.00 Obsessive Compulsive Cleaners. 9.00 One Born Every Minute. 10.00 Dredz. 10.30 In Out of 10. Cate Lineker. 11.20 The Last Leg. (R) 11.50 Out of 10 Girls. 12.20 Random Acts. 12.25 Music on 4 Launchpad at Red Bull Studios. 12.50 Music on 4 Memory Tree. 2012 Album of the Year. 1.25 Film. 115 Revenge. 2.00 Film. One Fine Day. (1996) 3.50 Smallville. (R) 4.30 Deal or No Deal. Hollywood Heartthrobs. (R) 5.25 Countdown. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 Bruno's Strangest Pets. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.10 Film. Mary Higgins Clarks. Remember Me. (1995) Psychological thriller starring Kelly McGillis. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Benidorm ER. (R) 5 News Update. 8.00 Killers Behind Bars. The Untold Story. (R) 9 News at 9. 9.00 NCIS. 10.00 Law & Order: Special Victims Unit. (R) 10.55 CSI: Crime Scene Investigation. (R) 11.55 CSI: Crime Scene Investigation. (R) 12.50 True Crimes. The First 72 Hours. 1.45 SuperCasino. 4.00 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

Thursday

BBC1 6.00 Breakfast. 9.15 Wanted Down Under Revisited. 10.00 Homes Under the Hammer. (R) BBC News. Weather. 11.00 Saints and Scroungers. 11.45 Cowboy Trap. BBC News. Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Only Fools and Horses. (R) 3.15 Perfection. 4.00 Escape to the Country. (R) 4.30 Antiques Road Trip. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 Waterloo Road. 9.00 Crimewatch. 10.00 BBC News. 10.25 Regional News. Weather. 10.35 Crimewatch Update. 10.45 Question Time. 11.45 This Week. 12.35 Skiing. Weatherview. 12.55 BBC News.

BBC2 5.05 Homes Lease the Hammer. (R) 6.05 Saints and Scroungers. (R) 7.50 Cowboy Trap. (R) 8.20 Sign Zone. Show Me the Monet. (R) 9.05 The Flewenpret Gang. (R) 10.00 Robbed Raided. Reunited. (R) 10.35 HARDtalk. 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 The One Show. (R) 2.00 Coast. (R) 2.15 Classic Masterminds. (R) 2.45 Reel History of Britain. (R) 3.15 The Greedy Italians. (R) 4.15 Life on Earth. (R) 5.15 The Living Planet. (R) 6.15 Vintage Antiques. Roadshow. (R) 7.00 Eggheads. 6.30 Flog It! Trade Secrets. 7.30 Great British Menu. 8.00 The Flanners. 9.00 The Genius of Invention. 10.00 Charlie Brooker's Weekly Wipe. 10.30 Newsnight. Weather. 11.20 The Railway. Keeping Britain on Track. (R) 12.20 Brain Doctors. (R) 1.20 The Culture Show. (R) 1.50 Sign Zone. Inside Barclays Banking on Bonuses. Panorama. (R) 2.20 Class. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. USA. (R) 10.25 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 ITV London. Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV News. Weather. 6.15 ITV News. Weather. 6.45 Emmerdale. 7.30 Coronation Street. 8.00 Mid Britain with Ray Mears. 8.30 Coronation Street. 9.00 Great Night Out. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Farm The Line. 11.05 Sexual Thrill. Action thriller starring Bruce Willis. 12.30 Jackpot247. 3.00 Film. Hull Light. (2006) Supernatural thriller starring Dena Moore. 4.50 ITV Nightscreen.

Channel 4 9.10 The Hoobs. (R) 6.30 The Hoobs. (R) 7.00 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss USA. (R) 11.00 Come Dine with Me. (R) 12.00 Channel 4 News Midday Summary. 12.05 Kirstie's Vintage Gems. 12.25 Film. Fleet Wrecker. (1954) 2.40 Countdown. 3.30 Face the Clock. 4.00 Deal or No Deal. Hollywood Heartthrobs. 5.00 Four in a Bed. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Ahaughty. 8.00 Sacha Baron Cohen's Da Ali G Show. Channel 4 Dispatches. (R) 8.30 Wet Things. 9.00 My Big Fat Gypsy Wedding. 10.00 Black Mirror. 11.00 Random Acts. 11.10 My Daughter the Teenage Nudist. (R) 12.15 The Shinning Call. 1.10 Supersize vs Superskinny. (R) 2.05 Scandal. 2.50 Mesh Tonight Trap. (R) 2.55 Get Your House in Order. (R) 3.50 How to Look Good Naked. (R) 4.45 Deal or No Deal. (R) 5.40 Baking Mad with Eric Lanlard. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 Bruno's Strangest Pets. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.10 Film. The Menstell. (R) 3.15 Film. Mystery Woman. Wild West Mystery. (2006) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Police Interceptors. (R) 5 News Update. 8.00 Dangerous Drivers' School. 9 News at 9. 9.00 Winter Road Rescue. 10.00 Film. The Matrix Reworkings. (2003) 12.30 SuperCasino. 4.00 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

Friday

BBC1 6.00 Breakfast. 9.15 Wanted Down Under Revisited. (R) 10.00 Homes Under the Hammer. (R) BBC News. Weather. 11.00 Saints and Scroungers. 11.45 Cowboy Trap. (R) BBC News. Weather. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Only Fools and Horses. (R) 3.15 Perfection. 4.00 Escape to the Country. 4.30 Antiques Road Trip. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 A Question of Sport. (R) BBC News. Regional News. 8.00 EastEnders. 8.30 Room 101. 9.00 New Tricks. (R) 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 The Graham Norton Show. 11.20 Film. Tyres Thunder. (2006) Comedy starring Ben Shiller. 1.00 Weatherview. 1.05 BBC News.

BBC2 5.00 Homes Under the Hammer. (R) 6.00 Saints and Scroungers. (R) 7.45 Cowboy Trap. (R) 8.20 Sign Zone. Show Me the Monet. (R) 9.00 The Flewenpret Gang. (R) 10.00 Robbed Raided. Reunited. (R) 10.30 HARDtalk. 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 The One Show. (R) 2.00 Coast. (R) 2.15 Classic Masterminds. (R) 2.45 Reel History of Britain. (R) 3.15 The Marvellous Mrs Beeton. with Sophie Dahl. (R) 4.15 The Living Planet. (R) 5.15 Vintage Antiques. Roadshow. (R) 6.00 Eggheads. 6.30 Flog It! Trade Secrets. 7.30 Great British Menu. 8.00 Alan Titchmarsh: How to Be a Gardener. 8.30 Food & Drink. 9.00 Mastermind. 9.30 Sea City. 9.00 Monty Dons French Gardening Course. (R) 10.00 Newsnight. 11.00 The Review Show. 11.45 Wise her. 11.50 Film. The Notorious Bettie Page. (2005) Biographical drama starring Gretchen Mol. 1.20 Sign Zone. Question Time. (R) 2.20 Close.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. USA. (R) 10.25 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 ITV London. Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV News. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Mid Britain with Ray Mears. 8.30 Coronation Street. 9.00 Great Night Out. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Farm The Line. 11.05 Sexual Thrill. Action thriller starring Bruce Willis. 12.30 Jackpot247. 3.00 Film. Hull Light. (2006) Supernatural thriller starring Dena Moore. 4.50 ITV Nightscreen.

Channel 4 9.10 The Hoobs. (R) 6.30 The Hoobs. (R) 7.00 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss USA. (R) 11.00 Come Dine with Me. (R) 12.00 Channel 4 News Midday Summary. 12.05 Kirstie's Vintage Gems. 12.25 Film. Hell Heights. (1954) 2.40 Countdown. 3.30 Face the Clock. 4.00 Deal or No Deal. Hollywood Heartthrobs. 5.00 Four in a Bed. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Ahaughty. 8.00 My Big Fat Gypsy Wedding. (R) 9.00 Dr Ali's Celebrity Detox. 10.00 Film. The Last Leg. (10.00 Paisley's TV Guide. 10.30 Film. Shooter. (2007) Action thriller starring Mark Wahlberg. 1.10 Random Acts. (R) 1.15 Happy Endings. (R) 1.35 Don't Trust the B**** in Apartment 23. 2.00 Bebe Burgers. 2.20 School Dent. (R) 2.30 How to Cope with Death. (R) 3.30 Smallville. (R) 3.15 St Elsewhere. (R) 4.00 Deal or No Deal. Hollywood Heartthrobs. (R) 4.55 Countdown. (R) 5.40 Baking Mad with Eric Lanlard. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 Bruno's Strangest Pets. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 Film. Mystery Woman. Wild West Mystery. (2006) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Police Interceptors. (R) 5 News Update. 8.00 Ice Road Truckers. 5 News at 9. 9.00 Film. The Losers. (2010) Premiere. Action adventure. 11.05 Police Interceptors. (R) 12.05 SuperCasino. 3.55 Motorsport Manual. 4.20 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

This week's crossword - Class

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Across

1 Helps (4)
3 Scatter (8)
8. Sort (4)
9 Beginning (8)
11 Orders (12)
13 Essence (4)
14. Eraser (6)
17. Sweat (12)
20 Dexterously (8)
21 Irritation (4)
22. Pleases (8)
23 Minus (4)

Down

1 Helps (4)
3 Scatter (8)
8. Sort (4)
9 Beginning (8)
11 Orders (12)
13. Essence (4)
14 Eraser (6)
17. Sweat (12)
20 Dexterously (8)
21. Irritation (4)
22 Pleases (8)
23 Minus (4)

Last week's solution

ACROSS 1 ACCOUNTANCY 9 BOREDOM 10 DRIER 11 THORN 12 EXTREME 13 UNTOLD 15 ESTATE 18 TRACTOR 20 AUGUR 22 VENUE 23 FINESSE 24 BROTHERHOOD
DOWN 2 CARGO 3 ORDINAL 4 NUMBER 5 AUDIT 6 CHIMERA 7 OBSTRUCTIVE 8 FREE-HEARTED 14 TRAINER 16 STAUNCH 17 TRIFLE 19 TREAT 21 GESSO

Food & Drink

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How growing your own can help reduce household food waste

INDUSTRY EXPERTS predict that food prices are set to rise by 5% during 2013, putting even more pressure on families struggling to make ends meet. Yet reports out in the media say that as a nation, we are throwing away unprecedented amounts of food, with the average British family wasting £680 worth of food every year.

On top of that, farmers are also wasting around 25% of their produce because of the strict requirements the supermarkets impose.

Overall, the nation is wasting a huge amount of food and although some of the factors are understandable, with a little effort, planning, savvy shopping and by making some small lifestyle changes, we can all do our bit to reduce the amount of food we waste.

Neil Whitehead, founder of Seed Pantry says: "I am a firm believer in growing your own food as much as possible and this can go some way to relieve the problem.

"Growing your own salad, vegetables and herbs at home can not only help cut your grocery bill, you tend to only pick what you need for a meal, so there is no wastage as the rest is left on the plant to continue growing. If growers have an abundance of larger vegetables, they can be harvested and frozen, pickled, made into jam or given to family and friends to enjoy. Plus it's a great way to get all the family involved in an activity together, outside and learning a new skill.

"Growing food at home, indoors, in the garden, or in an allotment is an education. It's so fulfilling to watch how a tiny seed grows into an amazing, tasty vegetable. Growing your own food really helps people to value the process and effort it takes to produce great-tasting vegetables, herbs, fruits and salads and it certainly makes people think twice about throwing it away after all their hard work.

"Given the economic climate, finding ways to cut costs and eat more cost-effectively, yet healthily, has never been more important. You don't need an allotment or a garden, a small yard, patio or even a windowsill is enough. For me and my family, it has been really satisfying to cook some great dishes with what we have grown at home ourselves – we have made our own tomato and basil sauces for pasta dishes, stir-fried vegetables to eat with noodles and have plenty of fresh salad leaves and lettuce varieties to make our own healthy salads. Money-wise, we worked out that by not buying supermarket lettuces and salad bags, we save around £25 per month and have very little wastage...and it tastes better too!

"I passionately believe it's possible to grow high quality produce even in the smallest of urban spaces and our Seed Pantry starter packs provide a fantastic variety of herbs, vegetables and children to grow at home with the family. Whether you are an experienced gardener or new to growing your own, home grown, organic vegetables, salads and herbs will taste amazing and are great value for money. They give the whole family a sense of achievement when they are added to home-cooked dishes and recipes, plus growing your own also helps to reduce household food wastage. It's all too easy to throw away a mouldy lettuce you bought from the supermarket, but when you have patiently watched it grow you will be less likely to take it for granted and more likely to eat it before it goes to waste."

"#foodwaste is trending on Twitter and it's great to see that is has come to the fore as it will go some way to help people become more aware of what they throw away."

For more information on Seed Pantry, visit seedpantry.co.uk

Baking is the best thing since sliced bread

WAITROSE can reveal that 2013 looks set to be the year of home made bread and baked comfort foods thanks to The Great British Bake Off.

The hugely popular programme which sees ten home bakers take part in a bake off has been credited with reigniting the nation's love of home baking.

Home bakers have also been inspired by a flurry of baking books including Paul Hollywood's How to Bake and Mary Berry's Baking Bible. In fact, sales of bread mix have risen by 12.3% (year to date) at Waitrose as shoppers get baking.

Sales of other baking basics have also soared as customers turn their hands to baking at home, with sales of strong white flour increasing by 5% and yeast rising by 9% (year on year).

And it's not just scratch-baked goods that's tickling people's fancies, over the last year Waitrose bakeries have adopted a much more artisan approach to their bread baking – providing customers with fresh bread with a real home baked feel.

According to James Dickson, Bread Buyer at Waitrose, the colder weather is driving consumers to reach for stodgy comfort foods. "When it's freezing outside, a fresh warm baguette or bread loaf is even more appealing."

"Home baking is a brilliantly economic way to spend a winter afternoon and the influx of baking programmes and books has really inspired more people than ever to try their hands at home baking."

Home-cooked 'fast-food' replacing microwave meals

BUSY BRITS are ditching microwave meals in favour of home-cooked 'fast food', research has revealed. Worries about the cost and their diet mean that people are now cooking something quick from scratch, such as a stir-fry or omelette, instead of reaching for the staple microwave ready meal when they are short of time.

The study, conducted by British Lion Eggs to try and encourage home cooks to rustle up quick meals from scratch, also found that almost a quarter of Brits admitted their microwave is completely redundant (or even said they don't even own one).

And despite the myth that students and young adults are the most likely to survive on microwave food, the study found that the over 50s are more likely to consider the gadget to be an important part of their kitchen.

Andrew Joret, chairman of the British Egg Industry Council said: "People seem to be becoming more adventurous in the kitchen, and are now cooking more meals from scratch, even when they are in a rush.

"Grabbing a microwave meal when time is tight is no longer what the majority of people do – instead, they are relying on quick fix meals which are healthy and quick to cook and prepare.

"It's interesting to see that the younger generation seems to be the ones who are embracing fresh-cooked fast food.

"The general consensus is that young people are most likely to rely on a microwave for their meals, but it seems that this isn't the case."

The study of 2,000 Brits found that when they are tight on time, seven in ten people are rustling up a quick dish from fresh ingredients.

Now, just one in five people are relying on microwave or ready meals for a quick fix.

The study also suggests that the popularity of celebrity chefs and cooking shows on television has led to a drop in the nation's microwave use, with two thirds of people being inspired to try a new dish they have seen on a TV programme.

Another 68% think younger people are becoming more inspired to cook from scratch thanks to the popularity of celebrity chefs.

But the research found that adventurous cooks are looking for inspiration even further away from the traditional means-recipe books are being neglected for the internet or Facebook instead.

When looking for something new to try, 47% scour the vast selection of cooking websites while another 29% rely purely on search engines like Google to source culinary inventions.

Andrew Joret said: "It seems more people are reaching for main meals like omelettes which don't take any longer to cook than heating up a microwave meal – but can be both healthier and cheaper."

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Is your hair thinning?

Denise Kelly

MEN are as touchy about hair as women are about their oversized bottoms! It's a sensitive subject, one that raises many concerns and results in drastic treatments and extreme measures. However, until the problem begins, there is little thought put into nourishing hair other than shampooing and conditioning. Before you start losing sleep over hair loss, take a closer look at what you're eating. Chances are that even slight modifications made to what you eat by incorporating ingredients that aid hair growth and health will have a drastic impact. While genes and lifestyle will always have the upper hand, here's what you could eat to help curb that receding hairline.

Carrots - It's not just the eyes, Vitamin A-rich carrots provide excellent nourishment for the scalp. A healthy scalp ensures shiny, well-conditioned hair that is strengthened and moisturised. An overall balanced diet of lean proteins, fruits, and vegetables, whole grains, legumes and omega fats are great boosters for healthy hair.

Prunes - If your hair suffers from dryness, thinning, stiffness, discoloration or hair fall, depleting reserves of iron might be the culprit. Prunes are known to be great sources of iron and greatly help improve the quality of hair. Also ensure you get plenty of green vegetables and beetroots in your diet in addition to prunes.

Green peas - Although green peas are not rich in antioxidants or any specific vitamin or mineral, they contain a well-balanced amount of vitamins and minerals such as iron, zinc and B group vitamins. These are essential for maintaining healthy hair.

Oats - Not only are oats loaded with fiber that helps maintain a healthy heart and bowels, they also contain a high concentration of other essential nutrients such as zinc, iron and omega-6 fatty acids.

Walnuts - Not to be outdone by the nuts walnuts are one of the most hair-friendly nuts in the category. Not only do walnuts have more omega 6 fatty acids than any other food, but they're also full of zinc, iron, B vitamins (B1, B6 and B9), and plenty of protein. So a handful of nuts each day can go a long way.

Eggs - Loaded with essential nutrients such as proteins, Vitamin B12, iron, zinc and Omega 6 fatty acids in large amounts. Being deficient in any of these vitamins and minerals is known to result in poor quality of hair. In addition it's also a good source for biotin (Vitamin B7) which is a great aid to fight hair loss.

So check out your diet to see if you are getting enough of the good stuff!

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk

February's best in season vegetables

- Leeks

Packed with anti-oxidants and vitamins the mighty leek can help stave off winter colds. They have properties to help decrease the overall risk of coronary artery disease and the leafy stems contain several vital vitamins such as pyridoxine, folic acid and niacin. Leeks are one of the good sources of vitamin A and other anti-oxidants such as carotenes xanthin and luteni They also have some other essential vitamins such as C, K, and vitamin E.

- Savoy Cabbage

Helps prevent Breast, colon and prostate cancers and helps reduce "bad cholesterol. It contains natural antioxidants, vitamin C and B, plus minerals like potassium, manganese, iron and magnesium. Cabbage is a very good source of vitamin K for healthy bones. In addition, vitamin K also has an established role in curing Alzheimer's disease patients by limiting neuronal damage in their brain.

The benefits of a good night's sleep

IT SEEMS unlikely that a person would forget how important a good night's sleep is to their well being. Surprisingly though, despite the fact we all love taking to our beds, a lot of people seem to either not care about their hours, or are genuinely ignorant of the benefits of sleeping well.

From the number of hours we all manage to get, to the types of duvets we use, sleep is vital if you expect to get the best out of your brain and body during the day.

This short article aims to highlight some of the benefits of getting a good night's sleep.

Reduce stress by getting enough sleep

It sounds fairly simple and straightforward, but a lot of people still look past it completely. The fact is, unless you get around seven to eight hours of sleep a night, your body shifts into a state of stress.

This means that you will have increased blood pressure and a rise in the production of stress hormones. When you ll find that it's harder to go to sleep because of the increase in stress hormones, you ll also have an increased chance of having a heart attack.

Become more alert and boost memory skills with sleep

Being mentally able to seize the day and getting a good night s sleep are mutually dependent on each other. By being alert and being able to properly deal with the tasks ahead of you during the day, you will enhance your chances of getting better rest.

Also, the more solid sleep you get, the better your brain becomes at processing the day s events, and increasing your memory recalling capacity.

Give your body a chance to repair

When you go to the gym to work out, you ll often find that your body is in pain after you wake up. This is because your body uses sleep to repair the damage done to your muscles.

Your body also uses this opportunity to repair other damage, from things such as stress and ultraviolet rays. Your body cells produce more protein only when you re asleep.

Increase your longevity

In the long term, how much sleep your body gets will determine how long you ll live. Studies have demonstrated that there were more deaths with those who received less than five hours of sleep a night, aged between 50 and 79.

The same applies to those who get too much sleep too, so make sure you don t overdo it!

Lose weight

Those who go on diets will find that they will lose more fat if you get adequate rest for your body. Studies have shown that 56 per cent of weight loss involves fat reduction if your body gets enough rest.

On the other hand, those who were sleep deprived did lose weight, but the weight lost was all muscle mass.

If you want to revolutionise your bedroom and not lose sleep over the price in the process, visit Sainsbury s online to browse the great selection of high-quality, great value bedroom furniture and bedding.

Not gym bunnies, more gym sloths

SIX OUT OF TEN wannabe fitness fanatics admit they don t do a proper workout at the gym, a study has revealed. Despite spending an average of two hours a week at the gym, researchers found for one in three of us less than five minutes of that time is spent building up a sweat.

The remainder of this time is spent chatting with friends and reading whilst on the treadmill.

A quarter even owned up to spending more time relaxing in the sauna or hot tub than they do on any of the exercise machines.

One in ten said they like to 'chill-out' around the pool, and some even watch music videos.

Even more bizarrely, one in twenty head to their local gym to watch football matches on a big screen TV.

It's no wonder then that nearly two-thirds of gym members claim to not make the most of their subscription.

A spokesperson for Kettler, makers of home sports equipment, who commissioned the research said: "This research appears that not all gym users are making the most of their time at the gym.

"There seems little point in paying high membership fees if you are not making use of your time at the gym.

"Some gyms fees can cost up to £2 000 a year which is a huge amount of money to shell out, especially if you are reading whilst on the treadmill or cross trainer.

"Whilst you need to warm down and chilling around the pool is great, it does seem a little pointless paying for the use of high tech machines if you are not using them properly."

The research also revealed one in ten fitness enthusiasts said they only joined the gym to meet the opposite sex, while 10% signed up because it's the trendy thing to do.

Furthermore, one in twenty only attend the gym because it's part of their benefits package at work.

More than half of the 2000 gym goers polled said they don t do extensive work-outs, and 29% said they never break a sweat.

In fact 9% said they would actually be embarrassed if they did start to sweat.

Women were the worst offenders, saying that they were concerned that their make up will smudge or that their hair will frizz if they perspire too much.

40% of people agreed that women were definitely the sex more guilty of not using the gym for a proper work-out.

More than one in ten said they are too self-conscious to do a proper workout and wouldn t want people looking at them.

It's easy to be self-conscious when you get tied up to a machine - 39% said they weren t sure about how to use some equipment or didn t want to look stupid.

The study also found that 29% of people head to the gym just to get out of the house.

A crafty 13% will even claim to go off the gym, but in actual fact go somewhere else entirely.

Preventing gynaecological cancer

Mr Dirk Brinkmann

GYNAECOLOGICAL cancers are the fourth most common type of cancer in women affecting 18,000 women each year in the UK. While there is no guaranteed way to prevent these types of cancers, there are steps you can take to reduce your risk.

See the right doctor

More than 60 percent of the women diagnosed with gynaecological cancers are not treated by the correct doctor. Gynaecological oncologists are highly specialised to care for women with reproductive cancers using the newest and most effective treatments, resulting in significantly higher cure rates. If you need help finding your nearest gynaecological oncologist, contact your GP or hospital for advice.

Have the HPV vaccine

The protects against the types of HPV (human papilloma virus) that most often cause cervical, vaginal, and vulval cancers. All 12–13-year-old (year 8) girls in the UK are now offered a HPV vaccination as it is best given to girls before puberty and having sex. But as the vaccine does not protect against all types of HPV, it is still important to attend cervical screening.

Schedule a smear test

A regular smear test decreases your chance of developing cervical cancer by 90 percent. Smears test for cervical pre-cancers and cancer and are the only screening test currently available for gynaecological cancer. But remember smear tests don't screen for cancers of the ovary, uterus or fallopian tubes so it's important to be aware of any other unusual changes to your body.

Know the warning signs

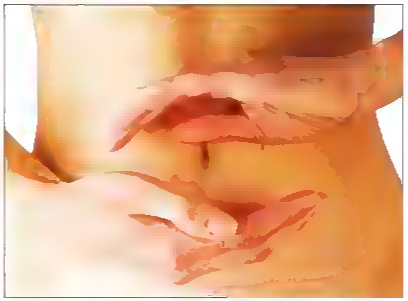
Being attuned to the warning signs of gynaecological cancers is one way to detect these cancers in their early stages, when treatment is more successful. Any bleeding after menopause, no matter how small, is not normal. Other symptoms may include pain or pressure in the pelvic area, constant indigestion or bloating, a thickening or lump in the pelvic area that can be seen or felt or a sore in the genital area that does not heal. These warning signs, if they occur often or all the time, can be suggestive of cancer.

Do something about it

If you notice any unusual or persistent changes to your body, see your doctor right away. You have nothing to lose, but you could have everything to gain. If it is something serious, finding it early and beginning treatment quickly offers a far better chance of beating the disease. Cancer treatments are more successful the earlier the disease is diagnosed.

Know your family health history

If your family has a history of cancer it can increase your risk of developing a gynaecological cancer. Inform your doctor so you can determine which types of screening tests or self-examinations you should be doing and how often.



Change your behaviour

Research tells us that up to one third of cancers are preventable through healthy life-style choices, including healthy eating, physical activity and maintaining a healthy weight. Obesity is a known risk factor for gynaecological cancers such as ovarian and endometrial cancer whilst smoking increases your risk of ovarian, cervical and uterine cancer.

• Chichester-based gynaecological oncologist Mr Dirk Brinkmann practices at Nuffield Health Chichester Hospital. He says "Survival rates continue to improve as women become more aware of signs and symptoms of gynaecological cancers leading to earlier diagnoses, when the overall survival rates are better. This is particularly important since, unlike breast cancer, gynaecological organs are not easily visible." Cancer Research UK says earlier diagnosis, specialisation of surgery and chemotherapy and other treatments are bringing significant improvements. These welcome developments means that cancer patients are living longer and living well.

To find out more about gynaecological cancers and their symptoms or to book an appointment, please call 01243 753001 or visit nuffieldhealth.com/chichesterhospital. Alternatively, information can be found at www.brinkmanngynaecology.com.

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Body Name	Small	Medium	Large
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Abdomen	£10	£15	£20
Chest & abdomen	£18	£25	£30
Lower back	£10	£15	£20
Upper back & shoulders	£10	£15	£20
Full back & shoulders	£18	£25	£30
Patches from	£7		

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Eyelash tint	£10
Eyebrow tint	£6
Eyelash & brow tint	£15
Eyebrow shape & tint	£15

FEMALE WAXING

LEGS	
½ leg (knee to toes)	£12
Bikini	£7
full leg & bikini	£26
full leg	£20
¾ Leg	£18
½ leg (thigh & bikini)	£20
½ leg (thigh)	£15
ARMS	
Underarm	£7
Forearm	£9
full arm & underarm	£18
full arm	£12
FACE	
eyebrow shape	£7
lip or chin	£4
lip & chin	£7
face (sides)	£7
INTIMATE	
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Brazilian	£18
Hollywood	£23

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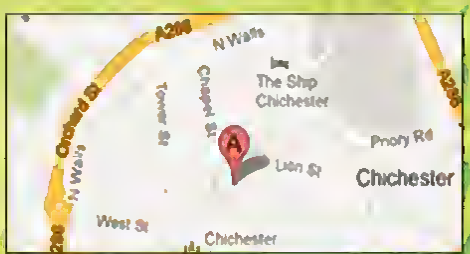

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Fashion

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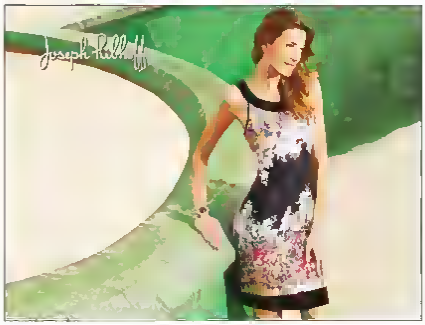
How to look your best this Valentine's Day



THAT ALL IMPORTANT Valentine's Day is here! It's one of those calendar dates that can be roughly exciting but for some, dreaded at the same time. Whatever your relationship status, we think it's a great time to get down with cupid, love the ones you're with and embrace the opportunity for a little carefree and romantic styling!

According to history, Valentine's Day or Saint Valentine's Day is a holiday celebrated on February 14 throughout the world. It's a day on which lovers express their love for each other by sending Valentine's cards, red roses and offering confectionery. If you are lucky enough to know that you'll be wined and dined this Valentine's by that special someone in your life, then it's important to get your outfit right so you can send out the correct messages, whilst feeling comfortable and sexy at the same time. Similarly, if you are planning a get together with friends, through a trip to the cinema or a meal out, why not celebrate the special day wearing an attractive outfit anyway; love yourself!

By looking through your wardrobe you may find inspirational pieces that can be teamed together to create the perfect outfit. In true Valentine's style, and a nod towards the new Spring/Summer colour palette too, here are some top tips you can apply when you are rooting through and deciding just what to wear:

- Try wearing pink or rose for change? The colours are bright, romantic and fresh.
- Stay away from black basics, instead try nude, rose or dark brown.
- Try mixing red and pink. They actually DO go great together. But make one colour your main item and the other an accessory.
- If you're going to wear pink, don't go pink crazy! Stick with one pink item at a time (i.e. a dress, a pair of jeans or a top). The same goes for red.

We've a number of stunning and comfortable dresses in store to suit the occasion, like this beautiful Joseph Ribkoff dress as shown in this photo. This can be either dressed up or dressed down and the colours are safe. Although not of typical colour association to Valentine's Day, it's a dress that can be worn again and again and one you will always feel great in. The subtle neckline offers the femininity required and the length provides a cut that you will be at ease with.

Cynics argue that Valentine's has become a day endorsed by florists and chocolate makers, clearly the day evokes a mixture of emotions, but still, it remains a prominent day on our calendar. Quite frankly, we see it as an excuse to dress up, have fun and take full advantage of the situation!

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Shopping trolley chic - Granny shoppers are en vogue

IT'S THE most unlikely must have item to hit the high street in decades – the shopping trolley is in fashion!

Notorious as something the elderly used to carry their shopping in, the ever practical trolley has had a style makeover and is firmly at the top of any fashionistas wish list for the coming season.

Department store Debenhams has introduced a range of chic trolleys due to popular demand and sales are already soaring.

Alice Duggan, Debenhams Head of Home Buying says, "After being inundated with requests to stock fashion focussed granny shoppers, we have introduced a range of colourful and chic trolleys that any stylista would happily wheel around.

"The range makes shopping trolleys look more Fearne Cotton than Dot Cotton; Granny chic has reached a whole new level."

The brightly coloured, printed trolleys priced at £60 are functional as well as fashionable. They have a sturdy design with a built in cooling bag system for chilled and frozen foods, an extendable handle, umbrella pouch and side pockets.

The range has already been selling particularly well in larger cities such as London, Manchester and Glasgow where less people own cars.

They are the environmentally friendly, convenient way to do the weekly shop. The trolleys are most popular with young professional city dwellers, saving time as people are able to do this weekly shop in one go, eliminating the need for mid week trips.

Shopping trolleys were first introduced during the 1950s and quickly adopted by grannies the world over. They have adopted from being bulky, heavy and noisy equipment to being clever pieces of engineering that combine light weight, waterproof materials with stylish design.

Debenhams shopping trolleys from Typhoon are available online at Debenhams.com.

Sainsbury's and Lulu Guiness have bags of fun for Red Nose Day

INTERNATIONALLY renowned British designer Lulu Guinness has collaborated exclusively with Sainsbury's to create three, limited edition, stylish shoppers to celebrate Red Nose Day and raise money for Comic Relief. The Lulu Guinness bags will go on sale from 13th February 2013 exclusively at Sainsbury's.

Embracing the spirit of the fundraising event and reflecting Lulu's signature style, three bags have been specially designed for Red Nose Day with at least £1.50 going to Comic Relief. Known for her iconic bags and strikingly glamorous designs, Lulu's inspiration for the bags came from her existing collection and the Red Nose itself.

Lulu Guinness says, "I am delighted to be involved in this project and had such fun designing these bags. They are called Dolls Face, Kooky Kat and Spotted Nose and my favourite has to be Spotted Nose, it is both playful and chic.

"The Red Nose is of course the integral feature of each design, which I have complimented and emphasised with a monochrome backdrop. I couldn't be happier that I was able to design a bag that will go forward in helping those in unfortunate circumstances."

James Brown, Head of Clothing at Sainsbury's says: "We are thrilled to be working with Lulu Guinness and supporting Red Nose Day, in aid of Comic Relief. These bags are a stylish

addition to the Bag for Life collection. This year Sainsbury's is extremely proud to be associated with the fundraising activity for the fourteenth year running."

The bags will be available in stores nationwide and online from 13th February 2013 exclusively through Sainsbury's, retailing at £5 a bag with at least £1.50 going to Comic Relief.

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DIY spending falls to record low

SPENDING on DIY has declined to its lowest level in over 15 years amid the continued squeeze on household finances and a subdued housing market, according to research by Lloyds TSB.

Households spent a total of £7.8 billion on DIY in 2011 - equivalent to around £300 per household, the lowest total since records began in 1996 and almost half of the £15.5 billion spent at the peak in 2004. There was a fall of 17% in real terms (i.e. after allowing for inflation) from the total of £9.4 billion spent in 2010.

Significant declines in spending on both DIY tools and materials in 2011.

Between 2010 and 2011, real expenditure on tools and equipment for home improvements - ranging from plumbing tools to the garden trimmer - declined by almost a fifth (-19%) from £3.5 billion in 2010 to £3.1 billion in 2011. This is slightly more negative than the 16% (£5.6 billion to £4.7 billion) drop in spending on DIY materials such as paint and plaster.

Overall home maintenance spending down a tenth.

Total spending on home maintenance (i.e. DIY and tradesmen's services) fell by 10% to £14.8bn in 2011 from £16.4bn in 2010.

In contrast to the significant fall in DIY spending, expenditure on tradesmen's services rose by 1% in real terms over the past year from £6.97bn to £7.04bn.

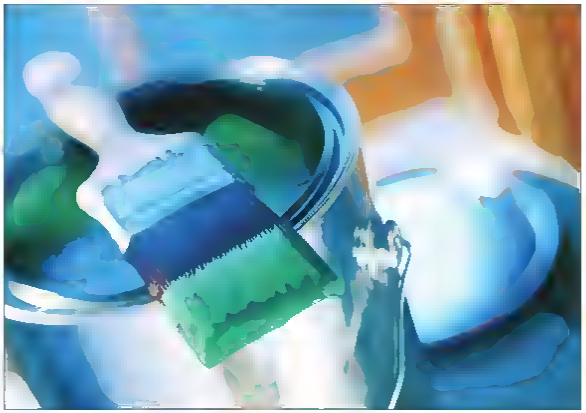
Home maintenance spending has fallen sharply since 2001.

Despite the small rise last year, there has been a steady decline in spending on tradesmen's services in the past 10 years, which have fallen 40% overall since 2001. Over the same period, real household spending on DIY fell by just over a third (-34%).

The past ten years has been very much a period of two highly differing halves. Between 2001 and 2007, spending on DIY increased by almost a fifth (18%) as the housing market boomed. This was particularly reflected in an 82% rise in spending on tools. Since the peak of the housing market in 2007, the decline in real DIY spending has been dramatic, falling by 44% in real terms.

Households spent 10% more on DIY than on tradesmen in 2011. This is in contrast to a decade ago when homeowners were spending slightly more (1%) on hiring tradesmen than on DIY.

Susan Thuru, Lloyds TSB Housing Economist, commented: "Consumers have been experiencing the biggest squeeze on their discretionary income for over a year. Couple that with a very subdued housing market, and it is unsurprising that so many are cutting back on home improvements. With economic conditions expected to remain challenging, the current squeeze on spending on both DIY and tradesmen is likely to continue for some time yet."



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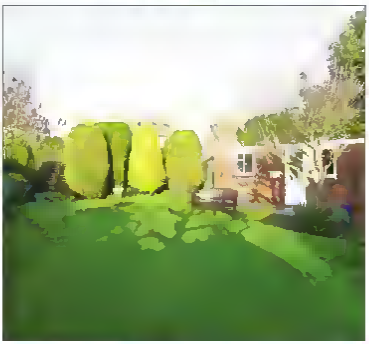
Property

FEATURE PROPERTY: ALDWICK BAY ESTATE

£425,000

A detached chalet style house on a corner plot in private manne estate within 500 yards of the private beach G.F.H. u.P.V.C. double glazing conservatory/entrance entrance hall dual aspect L shaped living room, dining room ground floor bedroom/study, kit/breakfast room ground floor shower room two good size first floor bedrooms and a second bathroom garage with carport a workshop/office and a West facing rear garden EPC rating is D

For more information contact Coastguards Estate Agents on 01243 267026
www.coastguardsproperty.co.uk



Chichester District Council

Fees and Charges Associated with the Licensing of Hackney Carriages and Private Hire Vehicles and Driver's - With effect from 1st April 2013 to 31st March 2014

NOTICE is hereby given pursuant to Section 70(3) of the Local Government (Miscellaneous Provisions) Act 1976, that with effect from 1st April 2013 it is proposed that the maximum fee specified in Section 70(2) of the Act in respect of Hackney Carriage Vehicle and Private Hire Vehicle licensed and Private Hire Operator's licences will be as follows

In pursuant of Section 53(2) of the Local Government (Miscellaneous Provisions) Act 1976, that with effect from 1 April 2009, it is proposed that the maximum fee specified in respect of Hackney Carriage driver and Private Hire driver licences, shall be varied as follows (see table to the right)

• Note 1 As part of the present review of policy for hackney carriage driver applications, a revised Knowledge Test is being considered. The fee for this new test will be set once the test details have been finalised.

• Note 2 The Criminal Records Bureau has been renamed the Disclosure and Barring Service see DBS marked *

Objections to the proposed changes can be made within 28 days of the date of the publication of this notice, by writing to the Director of Health and Community Wellbeing, Chichester District Council at the address given below

In accordance with Section 70(3) of the Local Government (Miscellaneous Provisions) Act 1976, a copy of this Notice shall, for a period of 28 days from the date of this publication be deposited at the address given below, and be open to public inspection without payment on any weekday during normal office hours

Assistance Director
Environmental Protection and Health Management
Chichester District Council
East Pallant House
1 East Pallant
Chichester
West Sussex
PO19 1TY
6th February 2013

Type of Licence	Charge for 2012/13	Charge for 2013/14
Hackney Carriage Vehicle Licence on initial application or renewal (including hire of vehicle plate)	£216.00	£222.00
Hackney Carriage Licence Vehicle Plate on initial application or replacement	£44.00	£45.00
Fitness Test/Taximeter Test combined	£90.00	£100.00
Private Hire Operator up to 2 vehicles 3 to 5 vehicles 6 to 10 vehicles 11 to 20 vehicles over 21 vehicles	 £138.00 £163.00 £248.00 £432.00 £487.00	 £113.00 £167.00 £256.00 £445.00 £502.00
Private Hire Vehicle License	£168.00	£173.00
Private Hire Licence Vehicle Plate on initial application or replacement	£44.00	£45.00
Hackney Carriage Driver (new)	£82.00 + CRB charge	£85.00 + CRB charge
Hackney Carriage Driver (renewal)	£82.00 + CRB charge	£85.00 + CRB charge
Hackney Carriage Driver Knowledge Test (see 1)	£21.00	£22.00
Private Hire Driver (new)	£82.00 + DBS charge *	£85.00 + DBS charge*
Private Hire Driver (renewal)	£82.00 + DBS charge *	£85.00 + DBS charge*
Additional Driver licence issued to existing licence holder	£82.00	£85.00
Renewal of concurrent Hackney Carriage and Private Hire Driver	£82.00 + DBS* charge (if applicable)	£85.00 + DBS* charge (if applicable)
DBS* Disclosure Certificate (subject to change)	£44.00	£44.00
Private Hire Vehicle Fitness Test	£23.00	£24.00
Hackney Carriage Vehicle Fitness Test	£23.00	£24.00
Vehicle Meter Test	£20.00	£21.00
Driver Badge Replacement	£33.00	£34.00
Licence Plate Exemption	£160.00	£173.00
Driving licence Verification Fee	£5.00	£6.00
Private Hire Door Signs (adhesive) 2 per vehicle	£5.00 each	£6.00
Private Hire Door Signs (magnetic) 2 per vehicle	£12.00 each	£12.00

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Vincent Simone and Flavia Cacace have dazzled television audiences for six series of the BBC's Strictly Come Dancing with their stunning Tango routines. Now they have created their own live show - Midnight Tango - a breathtaking evening bringing all the drama, sensuality and elegance of this most exciting of dance forms to life.

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For further information or viewing, contact: paulradams60@btinternet.com or 07599 530755.

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ALDWICK £825,000

A spacious three bedroom detached bungalow situated on the beach front of a private marine estate. Built in the 1970's and requiring modernisation and some refurbishment, majority double glazed, gas central heating, uPVC fascias/soffits, large open plan living area, good sized kitchen/breakfast room, utility room, master bedroom with an suite shower room, two further bedrooms, bathroom, double garage. South facing garden with direct beach access. SUPERB SEA VIEWS. EPC rating is E

ALDWICK £625,000

A detached four/five bedroom residence situated on the beach front of a private marine estate, central heating by air source heat pump, uPVC double glazed, uPVC fascias and soffits, fitted carpets, sec.alarm, ground floor shower room, ground floor bedroom/study, kitchen/breakfast room, utility room, further wc, first floor living room with full width balcony and panoramic sea views, master bedroom with dressing room and en suite shower room, guest bedroom with en suite shower room, two second floor bedrooms with bathroom, double garage. South facing garden fronting the private beach. EPC rating is E

ALDWICK BAY ESTATE £670,000

A spacious detached house situated in quiet cul-de-sac of private marine estate within 150 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. GFH, uPVC double glazing, fascias & soffits, cavity wall insulation, cloakrm, lounge, dining rm, sitting rm, kit/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool. EPC rating is D

CRAIGWEIL PRIVATE ESTATE £465,000

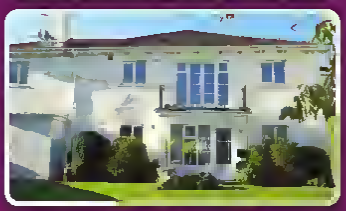
A detached cottage style house situated in a cul-de-sac of the private estate just 300 yards from the private beach. GFH, uPVC glazing, triple aspect lounge, good sized dining room, fitted kitchen with separate utility room, cloakroom, four bedrooms (one with walkin wardrobe/storage area), bathroom, garage and delightful mature gardens. EPC rating is E

NYETIMBER £425,000

A detached family house with attached self contained annexe situated in a cul-de-sac. The property is built on a larger than average plot. The specification includes gas fired double glazing, cloakrm, lounge, dining rm, study, kitchen, utility rm, master bedrm with en suite shower rm, three further bedrms, bathrm. Self contained annexe with large living room incorporating a kitchenette, a bedrm and shower rm. The property benefits from a large plot with brick paved parking areas and a good sized lawned garden. EPC rating is D

ALDWICK £325,000

A three bedroom first floor apartment in development of six in walled gardens immediately adjacent to the beach, gas central heating, uPVC double glazed, carpets, cloakroom, lounge/dining room with library area, South facing balcony, kitchen, master bedroom with en suite bathroom and dressing area, second bathroom, garage. UNOBSTRUCTED SEA VIEWS. EPC rating is C



ALDWICK BAY ESTATE £275,000

A three bedroom ground floor apartment situated in a quiet cul-de-sac of the Aldwick Bay private marine estate approx 300 yards from the private beach, gas ch, uPVC dble glazed, fitted carpets, dual aspect living room opening to a South facing courtyard garden, dining hall, kitchen, three bedrooms, bathroom, cloakroom, garage and communal gardens. EPC rating is D

UK house prices rise by 0.5% in January

THE PRICE OF A typical home rose by 0.5% in January, but was unchanged compared with January 2012, according to the Nationwide House Price Index.

Commenting on the figures, Robert Gardner, Nationwide's Chief Economist, said: "UK house prices increased by 0.5% in January, though prices were unchanged compared with January 2012. While activity in the housing market remains muted by historic standards, there have been tentative signs of a pick up in activity in recent months. The Funding for Lending Scheme has achieved some success in bringing down mortgage rates, with some signs of a pick up in lending activity.

"Hopefully, the momentum will continue to build in the months ahead, though much will depend on whether the wider economic environment improves. Progress is likely to be relatively slow on that front if recent trends are any guide, with the UK economy shrinking for the fourth time in five quarters in Q4 2012."

How have conditions changed for First Time Buyers?

First time buyers are the lifeblood of the housing market. As well as accounting for a significant proportion of housing transactions (currently around 40%), they also play an important role in the wider market, for example in helping to complete chains, enabling those that already own a property to move.

For this reason, the sharp decline in first time buyer numbers, from an average of 32,000 a month before the financial crisis to 20,000 currently, has remained a cause for concern. While economic and financial conditions remain difficult, there are encouraging signs that in a number of key respects conditions for first time buyers are improving.

Still tougher than pre-crisis conditions?

The most obvious area where conditions have become more difficult since the financial crisis is that credit is less readily available, especially for those with smaller deposits. Higher loan to value (LTV) mortgages are still available, but the interest rate differential relative to those with a large deposit has increased significantly.

As a result, there is a strong incentive for first time buyers to save for longer before stepping into the housing market.

Indeed, the median first time buyer now puts down a deposit of 20% compared to 10% before the financial crisis.

Some evidence of improved affordability.

At present the typical first time buyer home costs 4.4 times average earnings. While this is above the 20 year average of 3.6 times earnings, it is well below the highs of 5.4 recorded in 2007.

Moreover, thanks to the decline in interest rates, lower house prices (currently 11% below their 2007 peak) and a small increase in nominal earnings, the typical

mortgage now accounts for around 20% of average monthly earnings, below the 24% recorded before the financial crisis and slightly below the long term average.

There is less scope for buyers to reduce monthly payments by opting for an interest only mortgage, as these products are less readily available (interest only accounted for 2% of new lending to first time buyers in November, down from a peak of 37% in September 2007).

There is a trend towards borrowers lengthening the term of their mortgage, with 53% of mortgages currently over 25 years, up from 40% in 2007. This may in part be to lower monthly repayments, though the shift may also reflect that people are living and working for longer.

We expect first time buyer numbers to gradually rise in the quarters ahead. Affordability has already improved modestly, and policies such as the Funding for Lending Scheme should provide further support for the market, by keeping down the cost and boosting the availability of credit.

However, the most decisive factor in achieving a sustained increase in first time buyer numbers is likely to be the performance of the wider economy, especially the labour market. We, along with most forecasters, expect the UK economy to pick up the pace in the quarters ahead, though progress is likely to be gradual.

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Beaulieu announces the Simply Rallies schedule for 2013

THE National Motor Museum, Beaulieu is proud to announce its schedule of Simply Rallies for 2013, with the addition of several new themes

The Simply Rallies are a group of popular, annual vehicle meets, organised and run by Beaulieu in the picturesque grounds of the National Motor Museum. Each rally has a theme and owners with a relevant vehicle can take part in one of the rallies displaying their vehicle in the parkland, meeting other like-minded enthusiasts and enjoying all the delights of the Beaulieu attraction

The concept for this popular series of rallies began with one event, Simply Ford, in 2010 and, following its success, has now grown into a whole programme of Simplys, each taking on its own distinct character

Events Manager, Judith Maddox, said "The Simplys offer a great opportunity for fellow enthusiasts to gather together, to show off their vehicles and enjoy a relaxing day out at the National Motor Museum. 2013 is set to be another exciting year for the Simply Rallies, celebrating a number of significant vehicles and anniversaries."

The 2013 Simply schedule boasts nine of these fantastic events and sees the return of the five core rallies, Simply Ford – now in its fourth year and kicking off the Simply season, fast-growing Simply Japanese, Simply French, Simply Smart and one of the most popular events in the calendar, Simply Classics

Joining the Simply stable this year are a number of exciting, brand-focused rallies, Simply Porsche, Simply Alfa Romeo, Simply Vauxhall and Simply Land Rover. These Simplys have a great appeal for dedicated car clubs and forums, as well as individual owners

At each Simply event, participants have the opportunity to win the People's Choice Award, as chosen by Beaulieu's day visitors, and to lead a cavalcade through the grounds

Event tickets are available online at beaulieushop.co.uk.

For more information on Beaulieu's entire 2013 events calendar, visit beaulieuevents.co.uk.

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Football

Chichester win again after lengthy lay-off

CHICHESTER LADIES picked up another three points after a fine performance and a deserved three goal win on a very heavy going Oaklands Park pitch.

Chichester took the lead when a well worked attack down the left put Challen through one on one with the Cambridge keeper, who then rounded the keeper brilliantly and squeezed a shot off from a very acute angle to put City one up after 18 minutes.

City went two up as another attack down the Chichester left hand side put Challen through again one on one with the Cambridge keeper only to be pulled down in the box by a lackadaisy Cambridge centre back. Hollie Wride, who had been unusually quiet up until now, confidently placed the resulting penalty kick into the bottom left hand corner. Chichester could have increased their lead just before half time when Becky Yao hit the woodwork.

Late into the second half, Zoe Hughes-Jones came on for the hard working Harvett who incidentally had played one of her best games for the club and within a minute Chichester had scored again. It was an attack down the right hand side that time that led to a through ball to Challen who kept her composure and slotted the ball into the bottom corner.

Squads: McNamara, Fowler, Ford, Shirley, Alexandre (Halford, 84), Willet, Wride, Widdowson, Challen, Yao (Madden, 57), Harnett (Hughes-Jones, 70).

Straight from the commentary box

Planning for the future is key

Johnny Cantor

I'M NOT SURE what you were doing 23 years ago. I think I was looking for a job. Unsuccessfully. England meanwhile were beating Brazil. The next time it happened was on Wednesday night.

The headlines were stolen by Jack Wilshere. Theo Walcott also received the plaudits from manager Roy Hodgson. Of course Albion fans have seen the talent of the two young England players when the Arsenal pair came to the Amex in the FA Cup.

There are encouraging signs for England with several youngsters coming through.

Albion too have those moving through the ranks like Jake Forster-Caskey. However, with players such as Bruno, Bridge, Upson, Vicente, Greer (all of a certain age) the Seagulls are rightly looking towards the future.

The academy which was officially handed over to the club in recent weeks will of course help towards that aim. There is also the issue of cost. The younger the player, the more expensive he is.

Whatever position this Albion side finishes in this season the emphasis must be on the future. Hopefully as Wilshere and Walcott attempt to find glory in Rio next year with England, the new crop of Albion youngsters will be knocking on the managers door.

The Latest: Jake Forster-Caskey

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Football

City not at the races

AFTER a one month break due to the weather, Chichester were back in action but suffered a 3-0 defeat at the heads of Lingfield CHESTER BROWTON reports from a muddy Oaklands Park.

With Julius Boniface suspended, former Pagham Selsey and Wick player Jordan Tribe made his debut in the centre of defence.

The bottomless pitch led to some very slappy play during the early stages, although City managed to carve out a couple of decent chances Dan Watts had sight of goal in minutes, and two minutes later an opportunist effort from Pau Cassasa gave Lingfield s mone tame us keeper Rob O Hare more to work to do

But no 25 minutes Lingfield took the lead when their new signing Glenn Beesley made a run straight down the middle and cleverly threaded his shot past DAN ROBERTS

Corey Heath then headed off the line to prevent Lingfield from scoring another, while OLIVER BROOKES had the ball in the net for City but the linesman ruled it out.

Then, on 52 minutes, a foul on Watts gave Chichester a penalty but the same player hit the bar with his spot-kick.

And to make matters worse, Lingfield then immediately charged down the other end and Scott Simpson dispatched the second goal.

Centre-back Danny Oakes, who had suffered a heart attack back in September, put in a superb link on 69 minutes to give Lingfield what many spectators felt to be an unrepresentative 3 0 final score

Triumphant boss Dixie Dean said afterwards "To be honest, the game should never have gone ahead

Chichester suffered critical at [illegible]

"But I can t say that 3-0 is misleading because we took our chances and scored Chichester also had a couple of good chances early on

"The game turned when Chichester missed the penalty and we then scored straightaway But it was definitely never a penalty in the first place," he added

City Roberts Heath, Hibbert, Northeast, Tribe, Cassasa, F Smith, Taylor, Brookes, Watts, T Smith Subs Groom, Forty, Baker

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DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
PEACEHAVEN & TELS.	21	15	5	1	63	19	44	50
EAST PRESTON	21	14	5	2	60	22	38	47
PAGHAM	22	15	2	5	54	34	20	47
RINGMER	24	15	2	7	52	38	14	47
HASSOCKS	26	13	4	9	57	39	18	43
RYE UNITED	19	13	3	3	60	29	31	42
REDHILL	21	13	3	5	44	25	19	42
LANCING	24	12	5	7	52	37	25	41
EAST GRINSTEAD TOWN	23	12	4	7	67	35	32	40
LINGFIELD	22	11	3	8	53	46	7	36
ST FRANCIS RANGERS	23	10	3	10	40	42	-2	33
HORSHAM YMCA	22	10	1	11	58	41	17	31
CROWBOROUGH ATHLETIC	23	10	1	12	42	59	-17	31
ARUNDEL	23	8	5	10	34	49	-15	29
HAILSHAM TOWN	20	8	1	11	39	45	-6	25
SELSEY	23	6	6	11	24	38	-25	24
SIDLEY UNITED	21	6	5	10	36	51	-15	23
SHOREHAM	24	7	2	15	36	63	-27	23
DORKING WANDERERS	25	5	6	14	36	57	-21	21
CHICHESTER CITY	24	4	3	17	29	66	-37	15
AFC UCKFIELD	21	2	3	16	26	77	-51	9
WORTHING UNITED	22	2	4	16	24	83	-59	4

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
NEWHAVEN	22	16	3	3	64	35	29	51
LITTLEHAMPTON TOWN	17	13	3	1	54	12	42	42
EASTBOURNE UNITED AFC	18	12	3	3	62	26	36	39
BROADBRIDGE HEATH	20	11	4	5	45	34	11	37
LITTLE COMMON	19	11	3	5	58	25	33	36
FSKHILL UNITED	19	9	6	4	43	36	7	33
MIDHURST & EASEBOURNE	18	8	6	4	45	31	15	30
WESTFIELD	18	8	5	5	36	27	12	29
LOXWOOD	20	8	5	7	39	31	8	29
SEAFORD TOWN	18	7	5	6	30	32	-2	26
MILE OAK	18	6	6	7	36	34	2	24
SOUTHWICK	20	7	1	12	38	44	-6	22
STORRINGTON	21	6	4	11	33	53	-20	22
WICK	18	6	1	11	30	46	16	19
STEYNING TOWN	18	3	5	10	35	44	-9	14
RUSTINGTON	19	4	2	13	32	53	-21	14
OAKWOOD	18	3	3	12	27	54	-27	12
SALTDEAN UNITED	20	0	1	19	16	114	-98	1

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
SIDLESHAM	11	8	2	1	42	16	26	26
BARNHAM	13	7	2	4	41	21	20	23
HAYWARDS HEATH TOWN	10	7	2	1	27	9	18	23
BILLINGSHURST	9	7	1	1	27	12	15	22
UCKFIELD TOWN	10	5	3	2	23	15	8	18
ROFFEY	11	4	2	5	22	21	1	14
CLYMPING	11	4	2	5	11	19	-8	14
IFIELD	10	3	2	5	21	25	-4	11
ROTTINGDEAN VILLAGE	13	3	1	9	19	46	-27	10
PEPPERING	10	3	3	4	19	30	-11	9
HURSTPIERPOINT	12	2	1	9	13	27	-14	7
ID SHIPLEY	10	1	1	8	9	33	-24	4

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